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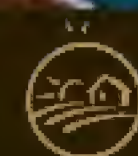
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Cheesy Tuna, Broccoli & Pasta Bake



Prep Time: 10 minutes | Cook Time: 20 minutes | Makes 4 Servings



western family®

Ingredients

2 cups (200g) Western Family rotini
3 ½ cups (250g) small broccoli florets
3 tbsp (45 mL) butter
1/3 cup (40g) all-purpose flour
2 ½ cups (625 mL) 2% milk
1 cup (250 mL) mature shredded cheddar
1 tsp (5 mL) kosher salt
170g (1 can) Ocean's solid white tuna, drained
2 tomatoes, sliced

Directions

1. Fill a large pot with generously salted water and bring it to boil. Add pasta, and cook according to the packet instructions. For the final 1 ½ minutes of cook time, add broccoli florets to the pot and cook with pasta until just tender.

2. Meanwhile, heat butter and flour in a saucepan over medium heat until mixture is just bubbling. Slowly add in milk and whisk constantly until smooth and thickened to a roux.

3. Continue to cook roux for 2-3 minutes, stirring constantly until it has thickened enough to coat the back of a spoon. Stir in two-thirds of the cheese until melted. Season with kosher salt.

4. Preheat broiler to high.

5. Drain pasta and broccoli in a large colander and transfer to a shallow ovenproof dish. Flake tuna on top of the pasta and broccoli.

6. Pour cheese sauce over pasta mixture and top with sliced tomatoes. Sprinkle with remaining cheese.

7. Place pasta bake under broiler for 4-5 minutes, or until the cheese melts and turns golden-brown. Serve immediately.

Tip: Make the pasta bake the night before and pop it into the oven for a quick, simple week night meal.

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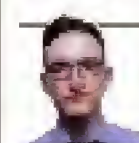
metroNEWS

KEVIN TUONG/FOR METRO

Refusing to do funerals 'monstrous'

CATHOLICISM

Guidelines of bishops group take stand on assisted dying



**Kevin
Maimann**
Metro | Edmonton

New guidelines from the Catholic Bishops of Alberta and the Northwest Territories that call on priests to deny funerals to people who have assisted suicide are intolerant, say critics.

"It's a really monstrous and sanctimonious decision," said Brad Peter, Edmonton spokesperson for Dying With Dignity Canada. "It ultimately fails to show any respect to the church's membership who are the most vulnerable ... people with griev-

ous and irremediable illnesses."

The Bishops document, released Thursday, calls assisted death a "grave sin." It says priests should weigh the circumstances of each funeral request, but those for high-profile assisted deaths should be refused. It also says families who want to celebrate the assisted-death decisions of the departed should be denied.

The document seems to contradict a 2014 Ipsos Reid poll commissioned by Dying with Dignity Canada, which showed 83 per cent of Catholics support legalized assisted dying.

"It also just highlights the total disconnect that exists between the church leadership and the church membership," Peter said.

Edmonton Archbishop Richard Smith said the guidelines don't rule out funerals for everyone and priests can come up with other options.

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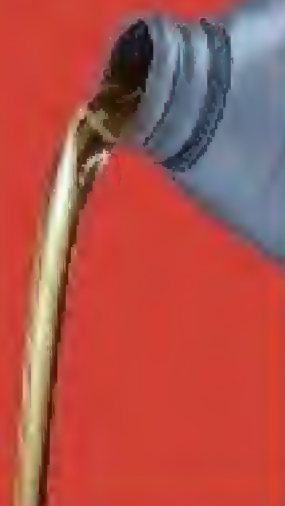
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AUDIT

Conflicts of interest worry city

City councillors are mulling a mandatory "cooling-off" period for their former employees before they can contract with the city, after an audit of the city's sand recycling program showed disastrous results.

The audit, which councillors discussed Thursday, revealed the much-celebrated environmental program that recycles and re-uses sand from city streets each winter could in no way justify the \$2.5 million it claimed to be saving the city.

The city auditor found a weak contract and no documentation to support claims the city was saving even a dollar from the program.

City Manager Linda Cochrane told councillors at the audit committee that the contract was negotiated between the city and a former employee, who left the city to set up the business.

Mayor Don Iveson said the proposed cooling off period or something like it, may be necessary to protect the city's interest, but he also doesn't want to stifle good ideas from coming forward.

"There is a fine line between entrepreneurship and innovation and potentially taking advantage of relationships," he said.

The city will use new sand on the roads this coming winter, having ended the recycling program earlier this year.

Council will get a review of the program next year to decide whether to continue recycling sand. RYAN TUMILTY/METRO



TappCar is allowed to pick up passengers at the airport, but Uber is still negotiating. KEVIN TUONG/FOR METRO

Airport denies Uber

RIDESHARING

Authority okays TappCar, says Uber offer too low



Uber is pushing for access to the last frontier in Edmonton's rideshare market — the airport — but its competitor TappCar

seems to have beat it to the punch.

The company, which just signed an agreement to pick up airport passengers in Ottawa, said this week that the Edmonton airport is demanding too much.

"Edmonton's fee would be higher than Ottawa and almost all airports we have agreements with, including large international airports in the U.S.," said Uber spokesperson Jean-Christophe de Le Rue.

Airport spokesperson Heather Hamilton said they are open to

private transportation providers, but Uber wants a fee so low it would price everyone else out of the business.

"The rate that Uber is looking for would essentially put them at such a competitive advantage it would make those other services not viable," she said.

Hamilton said the airport wants passengers to be able to choose between taxis, rideshare companies, buses and other services but they can't give one company a competitive advantage.

The airport has also asked

that Uber provided proof of commercial licenses and insurance and has a designated area for pick-ups already assigned for rideshare companies.

But De Le Rue said that is a cumbersome requirement — and added the area the airport is proposing for pick-ups is out of the way.

Rideshare company TappCar has been picking up at the airport since June when it signed an arrangement with the airport authority. It pays \$3 for pickups and \$6 for drop-offs.

Company spokesperson Pascal

+ TRANSPORT

Bus service to airport set to continue

The 747 ETS bus service to the airport is meeting ridership goals, officials say, and the city is looking to keep operating the service into the future.

The contract to provide service to the airport will expire next year, but the city is already working to renew it with the airport authority.

Transit spokesperson Jennifer Laraway said they believe they are seeing about 15,000 riders per month using the service, which was above what they had hoped.

"It's definitely meeting our ridership numbers," she said. "It's something we would definitely like to see continue."

The service, which operates from Century Park LRT station, costs \$5 and runs every 30 minutes at peak times running a total of 27 times per day.

RYAN TUMILTY/METRO

Ryffel said getting set up with the airport wasn't onerous and it's important for their customers.

"Getting to and from the airport is very important for passengers, but it's also important to the drivers because it's a good money-making opportunity," he said.

Ryffel said airport access is important for any company to be competitive in a market.

"You have to be able to drop your passengers off and pick them at the airport. I think it's quite important, people expect that."

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5 WAYS THE NEW CITY CHARTER COULD AFFECT YOU

The Alberta government has released a long list of possible new powers the province's two largest cities could gain in new charters for Calgary and Edmonton. The changes are to zoning rules and bylaws, but have the potential to affect daily life. Here are five ways the changes could affect you. **RYAN TUMILTY METRO**

1 Higher penalties

Right now, Edmonton and Calgary can't hand out any penalty higher than \$10,000. The proposed charter changes would allow them to

raise that for development or drainage violations. The changes would also allow cities to set up their own tribunals for municipal tickets,

potentially taking them out of the provincial court process. They would also allow officers to submit evidence by affidavit, so they wouldn't always have to attend court.



METRO FILE



METRO FILE

2 Traffic Changes

Right now, Calgary and Edmonton have to follow the same rules as every small town or village in the province when it comes to setting speed limits.

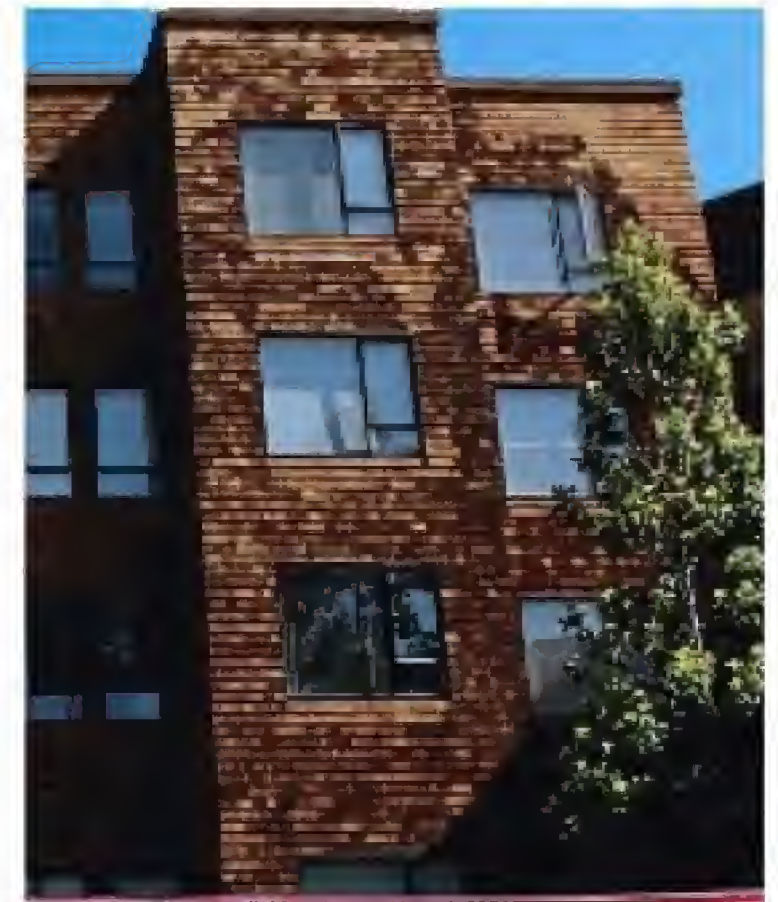
Under the proposed changes, they would gain the authority to set their own minimum and maximum speed limits, and they would be able to make quicker changes to other traffic legislation with the province.



TORSTAR NEWS FILE

3 Happy Hour

Currently, the hours bars are open and when they can establish 'happy hours' are in the hands of the Alberta Liquor and Gaming Commission. The charters may change that, allowing cities to set their own times for opening and closing hours, happy hour and regulating patio times.



GETTY IMAGES

4 Affordable Housing

Making it easier for cities to build and sustain affordable housing is also a big part of the changes in the proposed charters. Calgary and Edmonton would be able to provide loans to social agencies to build housing. They would also be able to require developers to replace affordable housing if a redevelopment was going to remove units.



CP FILE

5 Elections and online voting

Cities are given much more power over their own elections in the proposed city charters. Edmonton and Calgary would have to respect minimum provincial standards, but they could set their own rules about campaign financial disclosures, election signs and voter identification requirements. Cities would also be allowed to bring in online or telephone voting without asking for the province's permission.

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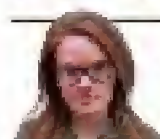


Sarah Hanafi is a third-year medical student at the University of Alberta and a board member with the Canadian Doctors for Medicare. She said the practice of extra billing breeds inequality in the health-care system. ALEX BOYD/METRO

Med students protesting extra fees

MEDICARE

'Extra billing' hurts system for everyone, group says



Alex Boyd
Metro | Edmonton

Medical students across the country took to social media Thursday to call out what they say are unfair costs undermining the equality of the health system.

The Defend the Act campaign calls on Health Minister Jane Philpott to crack down on a practice known as extra billing.

It's when a doctor charges a patient more for a medically necessary procedure than what the provincial insurance plan says the procedure is worth.

The student branch of the Canadian Doctors for Medicare argues extra billing violates the Canadian Health

Act, which is why they're asking the minister to step in.

"Essentially, we're concerned about the equity of our health-care system," said Sarah Hanafi, a medical student at the University of Alberta and board member with Canadian Doctors for Medicare.

She argues that costs that go above and beyond the set price list breed inequality, with wealthy patients getting easier access to treatment.

"Canadians say time and time again that what defines us in Medicare. That's what's at stake here," Hanafi said.

She adds that medical students are concerned about the implications of an aging population, and making sure everyone is able to get the care they need.

Right now, doctor's fees are set by contract negotiations done by medical associations.

"That's the process of deciding how we get compensated, there's no reasons to go beyond that and establish your own fee," she said.

"We're concerned about the equity of our health-care system."
Sarah Hanafi

INDIGENOUS WOMEN'S ISSUES

Healing the Streets for a second time



Ameya Charnalia
For Metro | Edmonton

As an indigenous man, Damian Abrahams decided to stand up to violence against indigenous women by healing the streets of Edmonton.

The 35-year-old organized the first Healing the Streets event in 2015, when more than 20 people took part in smudging ceremonies along

118 Avenue at 95 and 97 Streets — areas where indigenous women might have faced violence.

The second Healing the Streets event is being held this Sunday at 3 p.m. at the corner of 118 Avenue and 97 Street.

Smudging is a sacred indigenous ceremony involving the burning of sage, sweetgrass, cedar or tobacco to "clean energy and bring people together," said Abrahams, who identifies as Haida.

"When a person smudges, they're cleaning their mind, body and spirit."

There's usually protocol that comes with smudging, like having to be free of drugs and alcohol for four days, but Abrahams isn't sticking with that. "(In) my own eyes it's a healing ceremony and the people who are on 118 Avenue need it the most so I just told them you don't have to be clean," he said.

The event is being organized through a group Abrahams

founded approximately three years ago called Indigenous Men Against Violence Against Indigenous Women.

Healing the Streets is taking place the same weekend as the Edmonton Sisters in Spirit Walk, which will honour the lives of missing and murdered indigenous women and girls.

The event is held annually in support of the Native Women's Association of Canada and will take place at the legislature on Saturday afternoon.

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Creating More Moments

Trevor Sauer

We've all heard the cancer stories, read the stats, and most likely have experienced the impact of cancer up close and personal or with someone we love. In fact, if there's one thing Albertans can agree on, it's that no one wants to hear the words, "you have cancer." Mary Beth Eckersley has heard it twice. More than 30 years after surviving a cervical cancer diagnosis, she was diagnosed with an aggressive type of breast cancer. "If I had this cancer back when I was diagnosed with cervical cancer, I wouldn't be here celebrating life," says Mary Beth. "I am so grateful to the Alberta Cancer Foundation and the Tom Baker Cancer Centre for every moment I have to continue being a proud advocate for cancer research here in Alberta."

Trevor was treated at Edmonton's Cross Cancer Institute.

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LGBTQ

Lawyer chosen for school board inquiry



Kevin Maimann
Metro | Edmonton

An Edmonton lawyer will take four to eight weeks, at a cost of up to \$32,000, to investigate a Baptist school board that is refusing to allow students to form gay-straight alliances.

The province appointed labour lawyer Dan Scott for the job, after Education Minister David Eggen announced last week that a third-party inquiry would be launched into the Independent Baptist Christian Education Society.

The board's chair, Pastor Brian Coldwell, has refused to comply with legislation allowing GSAs. His board runs two schools in Parkland County near Edmonton.

Scott, who works with the

firm Seveny Scott, will have access to papers and personnel of the board and its schools.

He will examine whether the schools are providing a safe and caring environment for all students.

Larissa Liepins, a spokesperson for the education minister's office, said Scott could interview administrators, teachers, support staff and parents at the two schools — but not students.

"He could also gather and review relevant evidence, so that could include student handbooks, parent handbooks, newsletters, other relevant policy documents, the websites, visuals in the schools," she said.

The board gets about 70 per cent of its funding from the province. The inquiry could result in the board's funding being cut or having its licence pulled.

Climate plan leaves most Albertans cold

CLIMATE CHANGE

63 per cent disapprove of expanded carbon tax



Jeremy Simes
For Metro | Calgary

The approval rating of the Alberta NDP's Climate Leadership Plan has dipped significantly, according to a new poll, despite Premier Rachel Notley's recent claims that most Albertans support it.

On Thursday, ThinkHQ released a poll showing 63 per cent of Albertans disapprove of the government's plan to expand the province's carbon tax, while only 32 per cent of Albertans approved of the expanded tax.

The expanded levy will be phased in over the next two years, resulting in additional charges on gasoline, diesel, natural gas and propane. The extra tax is expected to cost the average family between \$350 to \$500 more per year.

The tax is expected to generate about \$9.6 billion, funding renewable energy projects, public transit, rebates, reducing small business taxes and a new energy efficiency agency.

Marc Henry, president of ThinkHQ, said Albertans have legitimate concerns with how their tax dollars will be spent.



Premier Rachel Notley THE CANADIAN PRESS

“It's much easier to be environmentally sensitive when the price of oil is \$70. Marc Henry

"Economically, it's pretty tough," he said. "It's much easier to be environmentally sensitive when the price of oil is \$70, but people are really concerned with jobs right now."

Overall, 53 per cent of Albertans disapprove of the climate plan, a nine percentage point increase from 44 per cent in

December 2015.

The dip in approval also comes on the heels of the government's \$4.4 million it spent on advertising costs to promote the climate plan.

Earlier this week, Premier Notley also told reporters that she thinks most Albertans support the government's climate plan

and minimum wage increases.

"We're not sort of sitting in our own echo chamber talking to ourselves while the opponents to pipelines sit in their own echo chamber talking to themselves and nobody actually connects and finds any kind of alignment," she said.

The panel surveyed 1,331 people online from September 14 to 19, 2016. It was weighted to reflect age and region of Alberta's population according to Statistics Canada.

IN BRIEF

Province to review Fort McMurray fire response

An Alberta government review into the response to the Fort McMurray wildfire is expected to be complete by next summer.

The government is looking for a contractor to do an independent review into what went well — and what didn't — during the disaster so that the province can learn from the experience.

"I do expect that there will be something that will make the already strong emergency response system we have even stronger for future disasters," Municipal Affairs

Minister Danielle Larivee said in an interview Thursday.

THE CANADIAN PRESS

Two more candidates join Alberta PC leadership race

Two more candidates have launched campaigns to lead Alberta's Progressive Conservatives. Both Richard Starke and Donna Kennedy-Glans say their goal is to rebuild the party, not merge it with the Opposition Wildrose. There are now four candidates running for the leadership, including Byron Nelson and former Conservative MP Jason Kenney.

THE CANADIAN PRESS



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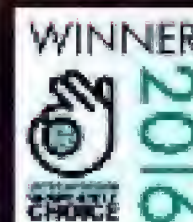
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Student to meet royalty

ACTIVISM

Young people to talk mental health with Will and Kate



Alex Boyd
Metro | Edmonton

University of Alberta student Nancy Zhao will be among a group of 17 young people getting the chance to talk mental health with the Duke and Duchess of Cambridge in Victoria this weekend.

"I think it's great that the royal couple shares an interest in youth mental health, and I'm sure that their visit will help bring mental health into the spotlight," said Zhao, who founded the local chapter of national advocacy group Jack.org.

This Saturday the group, which also includes U of A student Ryan Forster, will board a tall ship in Victoria with the royal couple, where they'll have time to discuss the chal-



The Duke and Duchess of Cambridge are currently in Canada for a royal visit.

JENNIFER GAUTHIER/THE CANADIAN PRESS

lenges facing young people.

Zhao became interested in mental health when a close friend was diagnosed with depression. She found herself

at a loss about how to support her friend, so she started learning about mental health, and eventually got involved with Jack.org.

"I realized it wasn't just me who didn't know how to take care of their mental health or help a friend," she said.

This spring Zhao helped

“That’s the message: everyone has mental health.”

Nancy Zhao

organize a conference that brought together 200 young people in Edmonton.

In speaking to the royal couple, Zhao hopes to emphasize how important it is to simply get people talking about mental-health issues.

"I think a lot of the misconceptions and stigma surrounding mental health is that it's not applicable to everyone," she said.

"One in five individuals will experience a mental illness at some point in their lifetime, but five in five have mental health. That's the message: everyone has mental health."

The Duke and Duchess are in Canada until Saturday, and many of their stops so far have reflected the charities they support, including a number of mental-health services in the U.K.

DRUGS

Police may tote naloxone

Edmonton police officers may soon be carrying a life-saving drug used to reverse the effects of fentanyl and other opioids that lead to overdoses.

"The Edmonton Police Service is examining the potential for naloxone nasal spray to be carried by officers who have a high likelihood of coming into contact with fentanyl or fentanyl users," Cheryl Sheppard, an EPS spokeswoman, said in an email statement to Metro.

Naloxone can reverse a fentanyl overdose if administered right away. METRO

IN BRIEF

Province planning small-business tax credit

The Alberta government plans to introduce a 30 per cent tax credit for investments in Alberta small businesses made between April 14 of this year and Dec. 31, 2019.

THE CANADIAN PRESS

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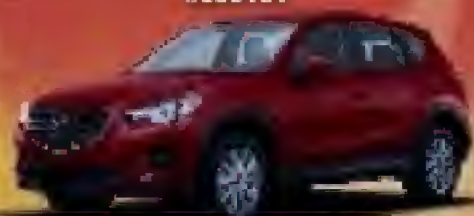
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WEEKEND LOOKAHEAD

Movies, beer and peaceful gatherings

ALL WEEKEND

Edmonton International Film Festival

This year's 10-day celebration of all things cinematic will feature some of the finest new indie films from around the world, as well as the work of talented local filmmakers. A total of 55 feature-length movies and more than 100 short films are on the schedule.

Where: Landmark Cinemas, City Centre Mall, 10020 102 Ave.

When: This weekend through Oct. 8

Oktoberfest

Modeled after the infamous Munich festival that celebrates local beer and food, Edmonton Oktoberfest will feature suds from both local craft and authentic Bavarian breweries, alongside music, dancers and games.

Where: Edmonton Expo Centre at Northlands, 7515 118 Ave.

When: Friday through Sunday, 2 p.m. to 10 p.m.

Edmonton Peace Festival

Peaceful gatherings will blanket the city this weekend as the festival moves into its final days. Sponsored by the Mahatma Gandhi Canadian Foundation for World Peace, festival organizers encourage all Edmontonians to develop ideas and actions.

Where: Various locations
When: Daily through Sun-

day, noon to 9 p.m.

Gotta Minute Film Festival

Catch a film while you're on the go. One-minute silent short films from around the globe will screen for free on LRT platforms, at Edmonton Public Library locations, and at the Citadel Theatre's Zeidler Hall through Sunday.

Where: Various locations
When: Daily through midnight Sunday

KEVIN MAIMANN/METRO



Julie Kiraly, producer of the inaugural Edmonton Clown Festival, displays her juggling skills. KEVIN TUONG/FOR METRO

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City hosts first clown festival

EVENTS

Shows explore themes such as illness, LGBTQ issues and aging


Ameya Charnalia

For Metro | Edmonton

Edmonton's first clown festival, taking place at La Cité Francophone this weekend will offer more than just red noses and wacky hijinks.

Shows at the 16+ festival will cover many themes, including illness, LGBTQ issues, and aging.

Julie Kiraly, producer of the inaugural Edmonton Clown Festival, spoke to Metro about the event.

How did the festival happen?

We decided that now was the time, just based on a growing interest in the city. We've seen more Fringe (Festival) shows in the last couple of years that have been clown-based shows or under the genre of clowning. There's just kind of a grow-

ing interest in clowning.

What can audiences expect?

There's actually a very diverse range of styles so that's something that might surprise a lot of people. I think people have a specific image of what they think clowning or clowns are. Maybe they're thinking of circus clowning, for example: Big red noses and wacky hair and big shoes, so that might be what their perception of clowning is, but there is actually a broad range of styles and a lot of them are represented at this festival.

What about people petrified of clowns?

I would say that I think that if they're petrified of clowns, it might be that they don't realize the different genre of clowns.

Maybe they're specifically scared of one version of clowning and maybe they grew up in the '80s with Stephen King's "It" and that's the image that they see.

There are actually modern day examples that people know and love and maybe don't realize are part of that clown genre.

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PUBLIC ART LACEY JANE, LEFT, AND LAYLA FOLKMANN have fun as they paint murals of Edmonton's unsung downtown heroes Thursday. Their work is viewable close to Rogers Place. KEVIN TUONG/FOR METRO

Tie up your trash, folks

INSECT LIFE

Garbage collectors under threat from wasps



Ameya Charnalia
For Metro | Edmonton

Wasps are menacing Edmonton's garbage collectors.

Fall is usually when wasps become aggressive because of scarcer food sources, said Kevin Harper, a garbage collection supervisor with the city.

He's been stung twice while on the job and was hospitalized on one of those occasions after suffering an anaphylactic reaction.

"It's on everybody's mind, not just mine because I'm allergic to it, but it's on all our collectors' minds," he said, of the possibility of being stung.

Wasps are much more abundant this year because of a

warmer summer, said Harper.

They will often make their way into loosely tied garbage bags and then sting unsuspecting collectors who pick up the bags in the mornings.

One city garbage collector was stung two weeks in a row this summer, both times in the same location, said Harper.

In addition to handling heavy items, garbage collectors are also at risk of being stung this time of year, said Sean Clovechok, a communications co-ordinator for utility services with the city.

The City of Edmonton recommends residents tie up their garbage properly, put lids on all garbage containers and keep waste storage areas clean, said Clovechok.

Residents can also help garbage collectors by clearing fallen fruits from their lawns, turning over compost piles regularly and — if possible — remove wasps nests either by themselves or with the aid of a professional.

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IN BRIEF

Spending hits highest mark in at least six years

Federal spending under the Liberal government kicked off the fiscal year by hitting its highest mark in at least six years, a parliamentary budget officer's report said Thursday.

Jean-Denis Frechette found that expenditures under the Trudeau government were 5.7 per cent higher — nearly \$3.4 billion — in the first quarter of 2016-17, compared with the previous year.

THE CANADIAN PRESS

Government working to protect cyclists

The federal government is taking a fresh look at how to protect cyclists on Canada's roadways after recent high-profile cases where cyclists were killed on city streets.

Federal, provincial and territorial ministers in charge of transportation have agreed to set up a national task force on vulnerable road users, such as cyclists and pedestrians, to come up with ways to reduce injuries and fatalities.

THE CANADIAN PRESS

New ideas to help refugees

GOVERNMENT

Syrians face barriers to finding jobs in communities

With more than 30,000 Syrian refugees facing serious barriers to employment and integration in Canada, the federal government is searching for fresh ideas to help newcomers join their communities and the labour force.

Documents posted by Immigration, Refugees and Citizenship Canada Thursday show the department is planning to spend as much as \$250,000 for new studies on how best to integrate Syrian refugees into their new community.

"It is well documented that newcomers face a number of barriers in finding employment that is commensurate with their skills and experience. Refugees, in particular, may have more difficulty integrating into the Canadian labour market when compared to other categories of

immigrants," the documents read.

Canada had accepted 30,000 Syrian refugees by the end of July.

While the Liberal government received praise for rapidly bringing in more refugees, there is growing concern that providing services and support for newcomers will be as big a logistical challenge.

In the documents released Thursday, the department acknowledged some of those concerns, particularly around supporting Syrian youth.

Those youth will be specifically targeted for new programs, with the government looking at how best to integrate children into a new school environment, or even a mobile app to advertise services and resources.

The documents suggest that the government also wants to address social integration into Canada. One study will look into how best to broach discussions with Syrian families on issues like domestic violence, gender equality, and LGBTQ rights.

TORSTAR NEWS SERVICE



Catherine, Duchess of Cambridge and Prince William, Duke of Cambridge with their children, Charlotte and George, at a children's party in Victoria, B.C. GETTY IMAGES



Princess Charlotte, 16 months old and ambling like a toddler, loved the colourful balloons. GETTY IMAGES

VICTORIA, B.C.

Royal toddlers steal the show

It was bunnies, bubbles and balloons at a garden party Thursday in Victoria where Prince George and Princess Charlotte made their second public appearance during the royal tour of the Duke and Duchess of Cambridge.

Princess Charlotte, 16 months old and ambling like a toddler, bee-lined for some colourful balloons before climbing into her mother's arms to spend time in a petting zoo with goats, rabbits, sheep and miniature horses.

The princess also uttered her first word in public, according to media reports. 'Pop,' she reportedly said to her dad William while playing with balloons.

Prince George, 3, dressed in red shorts and a blue sweater, held his father's hand, but towed his dad towards a bubble-making display where it didn't take him long to get hold of a squirt gun and start blasting out bubbles.

The royal play date was held in a secluded, tree-sheltered green space at Victoria's Government House, where the duke and duchess and their children have been staying on their week-long visit to B.C. and the Yukon. Musicians, puppeteers and entertainers sporting brightly-coloured costumes wandered the grounds.

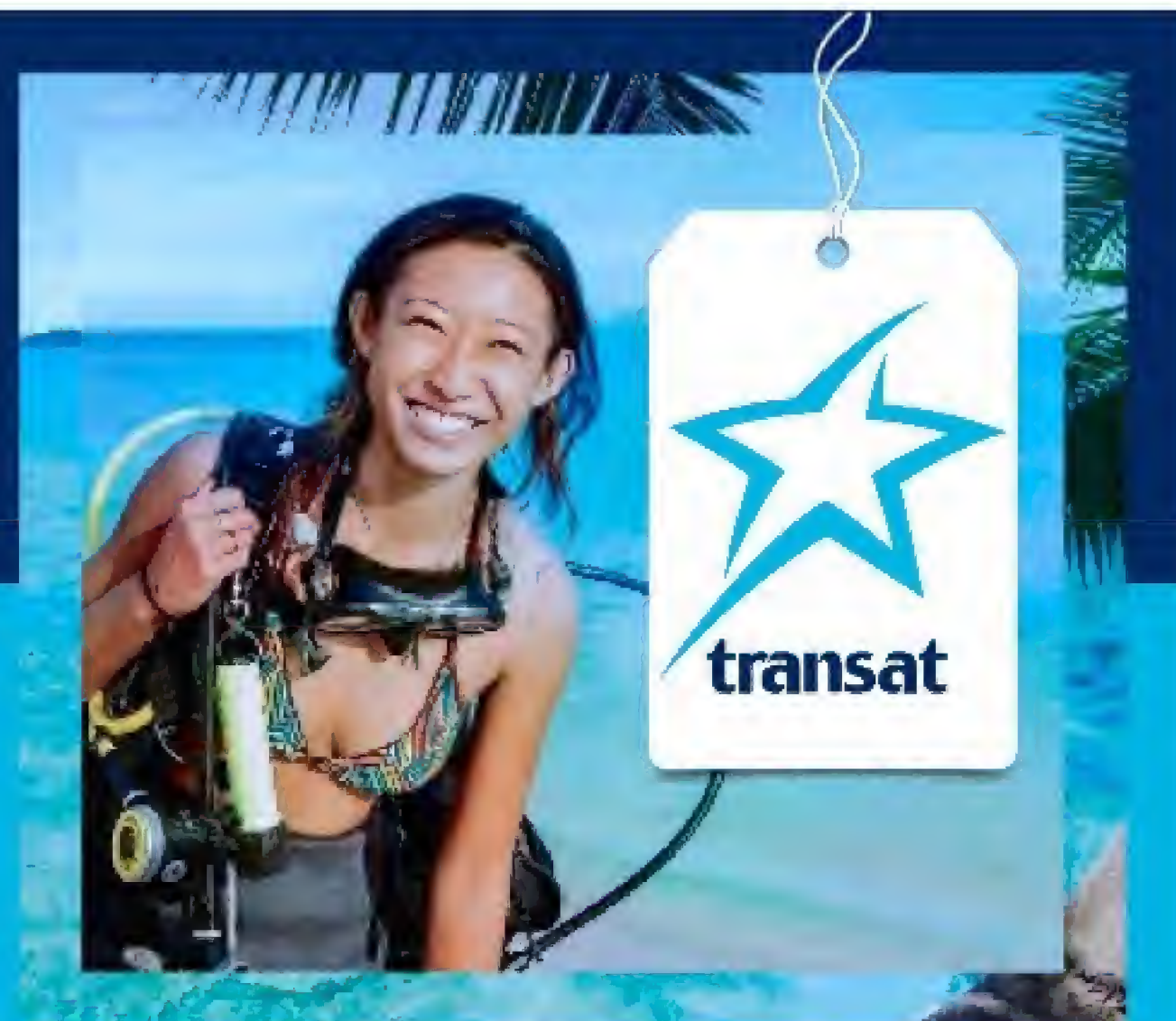
The party with the royals was held for the children and families



Prince George of Cambridge plays with bubbles. GETTY IMAGES

of military service members who have experienced deployment.

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People are treated for their injuries after a train crashed into the platform at Hoboken Terminal on Thursday in Hoboken, New Jersey. AP/GETTY IMAGES

Chaos in Hoboken station

CRASH

One person succumbed to injuries; 74 hospitalized

A rush hour commuter train crashed through a barrier at the busy Hoboken station and lurched across the waiting area Thursday morning, killing one person and injuring more than 100 others in a grisly wreck that renewed questions about whether long-delayed automated safety technology could have prevented tragedy.

People pulled chunks of concrete off pinned and bleeding

victims, passengers kicked out windows and crawled to safety and cries and screams could be heard in the wreckage as emergency workers rushed to reach the injured in the tangle of twisted metal and dangling wires just across the Hudson River from New York City.

The New Jersey Transit train ran off the end of the track as it was pulling in around 8:45 a.m., smashing through a concrete-and-steel bumper. As it ground to a halt in the waiting area, it knocked out pillars, collapsing a section of the roof.

"The train didn't stop. It just didn't stop," said Tom Spina, who was in the terminal and rushed to try to help the victims.



All of a sudden, there was an abrupt stop and a big jolt that threw people out of their seats.

Ross Bauer

Ross Bauer was sitting in the third or fourth car when the train entered the historic 109-year-old station, a bustling hub for commuters heading to New York.

"All of a sudden, there was an abrupt stop and a big jolt that threw people out of their seats. The lights went out, and we heard a loud crashing noise like an explosion" as the roof fell, he said. "I heard panicked screams, and everyone was stunned."

The engineer, Thomas Gal-

lagher, was pulled from the mangled first car and was hospitalized, but officials said he had been released by evening. He was co-operating with investigators, Gov. Chris Christie said.

A woman standing on the train platform — Fabiola Bittar de Kroon, 34, of Hoboken — was killed by debris, and 108 others were injured, mostly on the train, Christie said. Scores were hospitalized, some with serious injuries including broken bones.



Fabiola Bittar de Kroon was killed in the crash. LINKEDIN

New York Gov. Andrew Cuomo said investigators will determine whether the explanation was equipment failure, an incapacitated engineer or something else.

THE ASSOCIATED PRESS

SAN DIEGO

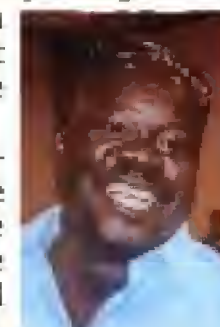
Refugee's mom calls for peace

The mother of an unarmed black man shot to death in a confrontation with police in a San Diego suburb this week called for peaceful protests Thursday and said her son did not deserve to die.

Alfred Olango "was a good, lovely young man," said the mother, Pamela Bengé. "I wanted him to enjoy his daughter."

She said she and her family came to the U.S. from war-torn Uganda 25 years ago when Olango was a teen and just wanted to be safe.

"How painful it is to lose a loved one that you have embraced through struggling," Bengé told reporters.



Alfred Olango

She mentioned similar shootings of black men around the country by police officers but said she never thought one of the shootings would directly affect her, calling on people who protest her son's killing to embrace non-violence.

"I am always for peace, I don't want war," she said.

THE ASSOCIATED PRESS

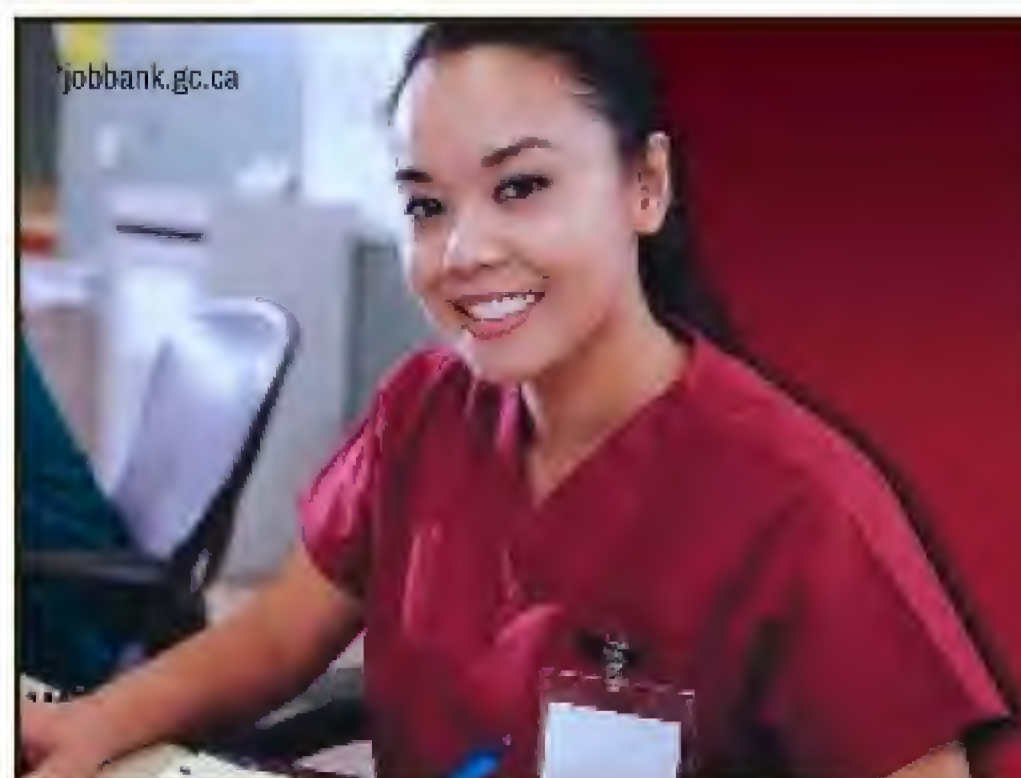


PENNSYLVANIA

Mayor asked to resign after racist Facebook posts

Charles Wasko, the mayor of a small Pennsylvania town, is being asked to resign over racist posts on his Facebook page, including two depicting apes with captions referring to U.S. President Barack Obama and his family, and one referring to lynching.

THE ASSOCIATED PRESS



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A grief-stricken Syrian man is comforted by people as rescuers pull the body of his daughter from the rubble of a building following air strikes in Aleppo on Tuesday. AP/GETTY IMAGES

Syrian city descending into 'abyss'

HUMANITARIAN CRISIS

UN report says people trapped in sieges have nearly doubled

Syrian government forces continued their push into rebel-held districts of Aleppo on Thursday as international officials issued dire warnings of an ongoing humanitarian disaster in Syria's largest city.

The UN's humanitarian chief Stephen O'Brien told the Security Council that the conditions in eastern Aleppo, which is besieged and assaulted by all sides by government forces, had descended into the "merciless abyss of humanitarian catastrophe."

Speaking to the Security Council via video link from Geneva, O'Brien painted a grim picture of the conditions in the war-ravaged eastern part of the city, where at least 320 civilians including 100 children have been killed in the past week. An additional 765 have been wounded.

O'Brien's report noted that the UN now calculates that 861,200 Syrians are trapped in sieges — a nearly 50 per cent increase from the last estimate of 586,200. The new figure reflects the government's protracted blockade around eastern Aleppo, where an estimated 250,000 people or more live.

Most of the besieged citizens, divided across at least 18 locations around the country, are trapped by government forces, and international observers are beginning to accuse both Damascus and its close ally Moscow of war crimes.

In Aleppo, rescue crews were working for the third straight day to clear the rubble and search for survivors of presumed Russian or Syrian government airstrikes on the eastern al-Shaar and al-Mashhad neighbourhoods.

THE ASSOCIATED PRESS

ISRAEL

PM leads delegation to funeral for Peres

A Canadian delegation headed by Prime Minister Justin Trudeau has arrived in Israel for the state funeral of Shimon Peres, the former Israeli president and prime minister.

Trudeau was joined by former prime minister Jean Chrétien, Foreign Affairs Minister Stéphane Dion and interim Conservative leader Rona Ambrose.

Also in tow was Rafael Barak, Israel's ambassador to Canada, and representatives of Canadian

advocacy groups such as the Centre for Israel and Jewish Affairs, B'Nai Brith Canada and the Canadian Jewish Political Affairs Committee.

The Canadian delegation arrived in Israel early Friday for the funeral of Peres, who died Wednesday at age 93.

They were expected to be joined for the service in Jerusalem later Friday by former prime minister Stephen Harper, who opted for a commercial

flight instead of travelling with Trudeau's delegation.

Harper's staunch support for Israel became a hallmark of his administration. In 2014 Harper declared in a memorable address to the Israeli parliament: "Through fire and water, Canada will stand with you."

Harper's support may have been more vocal, but Trudeau's has been no less unwavering, advocates for Israel say.

Other world figures plan-

ning to attend include U.S. President Barack Obama, former U.S. president Bill Clinton and Prince Charles.

NDP Leader Tom Mulcair was also invited, but declined.

Dion said Trudeau wanted the Canadian delegation to be non-partisan. "The whole country of Canada is supporting the whole country of Israel and the prime minister wanted that to be very clear," Dion said.

THE CANADIAN PRESS



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The number of Syrians the UN now calculates are trapped in sieges — a nearly 50 per cent increase from the last estimate of 586,200.

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Oil pact greeted with skepticism

ENERGY

Producers still need to agree on how much each one cuts

Canada will certainly benefit if the world's biggest oil producing countries move to restrict production, but skepticism exists on whether they will follow through on their promises.

"Assuming they stick to it, and that's a big if, it should support oil prices," said Benjamin Reitzes, senior economist at BMO Capital Markets. "The competition producing a little less is always good."

But many analysts noted that the deal by the 14-member Organization of Petroleum Exporting Countries in Algeria on Wednesday was merely an agreement to look at possibly cutting production to between 32.5 million and 33 million barrels a day.

That would be down from August's production rate of 33.2 million barrels a day — but it

would shave only 700,000 barrels a day, some two per cent of overall production.

Crude oil was selling for more than \$100 US a barrel in the summer of 2014, before bottoming out below \$30 US a barrel in January. That fall largely came from a boom in U.S. shale oil production and countries like Saudi Arabia choosing to continue to pump to hold onto market share.

Few in Alberta are celebrating OPEC's surprise move.

That's because the members still need to hammer out details on country by country production rates at its November meeting, so any production cut won't be implemented until late this year at the earliest.

Reitzes said any rise in oil prices will help Canada, but he cautioned that if oil prices rise above \$50 US a barrel, then U.S. shale producers might ramp up their production, adding to supply. By contrast, Canadian oil sands companies face much higher costs to get oil out of the ground to be profitable.

Colin Cieszynski, chief market strategist at CMC Markets,

\$100

The price of a barrel of crude oil in the summer of 2014, before it bottomed out below \$30 this January.



The world's biggest oil producers have agreed they need to reduce production to boost crude oil prices. THE ASSOCIATED PRESS FILE

said there is skepticism about whether OPEC members will hold to a commitment.

It has been eight years since the countries restricted production — and it looks like they are moving toward being on

the same page, he said.

"But even if they get an agreement, often times, producers cheat," Cieszynski said. "It's a first stage. It's the beginning of a process, not the end."

TORSTAR NEWS SERVICE



Assuming they stick to it, and that's a big if, it should support oil prices.

Benjamin Reitzes, BMO Capital Markets

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CLOTHING

Japanese retailer coming to Canada

When Japanese apparel retailer Uniqlo decided to open its first location in Canada, it sent Yasuhiro Hayashi to Toronto every month for nearly a year to get a read on the Canadian customer.

Unlike competitors that aim for a particular demographic, Uniqlo is hoping its appeal-to-all business model will succeed in a cutthroat industry that has laid waste to some fashion retailers, such as Aeropostale and Danier Leather.

"We don't have a specific target customer," said Hayashi. "That's our uniqueness. We say we are made for all."

The company is opening its first store in Canada on Friday,

a 28,000-square foot space in Toronto's Eaton Centre wedged between rival H&M and the newly arrived luxury retailer Nordstrom. A second store opening is planned for Oct. 20 in north Toronto.

Founded in 1974, Uniqlo is known for its array of affordable basics in a variety of colours and sizes for children and adults.

THE CANADIAN PRESS



We don't have a specific target customer.

Yasuhiro Hayashi

IN BRIEF

Samsung washers draw safety warning in U.S.

The U.S. Consumer Product Safety Commission is advising people who bought certain Samsung washing machines to only use the delicate cycle when washing bedding, water-resistant and bulky items over concerns they could become dislodged. On its website, Samsung says people can enter their 15-digit serial number located at the rear of the washer to verify whether it is part of the notice. The commission says the machines were made between March 2011 and April 2016.

THE CANADIAN PRESS



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Your essential daily news



News hook: Nearly 27,000-year-old fish hooks — the world's oldest — have been found in Okinawa, Japan

DECODED by Genna Buck and Andrés Plana

A PORTABLE PATHOLOGIST ON MARS

It's 2039. You and your astronaut friends have come down with a mysterious sickness on Mars — high fever and a strange red rash. Sending samples all the way back to Earth for testing would take years. What microbe managed to hitch a ride all this way? Or did you pick up an extra-terrestrial pest? Thankfully, there's a way to find out: Since 2016, **DNA sequencing has been possible in space.**

DEFYING GRAVITY

It wasn't clear DNA sequencing would ever be possible at very low gravity. Until recently, the equipment was too heavy and fragile to use in space. Now, a sequencer weighs less than 120 grams and its data can be crunched on a slim 12-inch tablet computer. **This opens a portal to all sorts of cool science:**

The genetic changes of plants and animals bred for experiments in space can be tracked over generations: No need to send samples to Earth.

Sequencing can identify microbes contaminating a spaceship or its food and water supplies.

Then there's **astrobiology**: We don't know what kinds of biological molecules, or living things, we might one day find on Mars and beyond.

Sequencer size through the years

1977 - Small fridge



1996 - Desktop computer and printer



2016 - Smaller than a smartphone



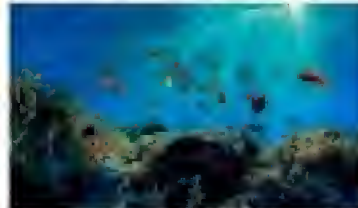
What's in that rash? Future mars-stronauts will be able to tell by sequencing the DNA found in a sample of their cells.

Here's why: This month, NASA scientists successfully decoded samples of virus, bacteria and mouse DNA while in orbit on the International Space Station.



FINDINGS

Your week in science



ISTOCK

REEF RELIEF

Things are getting better down where it's wetter, says the Australian government. Significant strides have been made to protect the Great Barrier Reef, including better water quality and lower-impact dredging — 29 of 151 conservation measures promised by 2020 are done.

BEEES HAPPY

Insects, says a new study in the journal *Science*, have emotions, sort of. Honeybees fed sugar-water show more "motivation" to complete tasks because they're "hoping" for more sweets.

SOUND SMART

ETIO PATHO GENESIS

DEFINITION

Etiopathogenesis is the cause and development of a disease or syndrome. It's a combination of **etiology** (cause) and **pathogenesis** (the chain of events in the body that leads to a certain disease).

USE IT IN A SENTENCE

The **etiopathogenesis** of Deborah's bad breath included a case of gum disease and colonization of her tongue with bacteria that produce sulphur compounds.

PHILOSOPHER CAT
by Jason Logan

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CITIZEN SCIENTIST by Genna Buck

Dangerous or not? Deodorant edition

Does antiperspirant that contains aluminum cause Alzheimer's disease?
— Emina, Winnipeg

Man, this one has been going around for a while. I've always hoped it wasn't true, because I like my aluminum-containing antiperspirant and find that "natural" deodorants, well, stink.

Aluminum is eight per cent of the earth's crust. We're exposed to it through tap water, soil, food, dust in the air, and in minor amounts in food pack-

aging. Changing what you roll on your armpits won't change that.

Aluminum does have a relationship with Alzheimer's, but not the way you might think if you've been reading *NaturalCosmeticNews.com* ("Deodorants contain a slew of toxic chemicals!") or *Food Babe* ("Throw this out of your cabinet immediately!").

Animals exposed to very high doses of aluminum develop an Alzheimer's-like syndrome, and Alzheimer's patients have higher-than-normal aluminum levels in their blood plasma and brains.

But neither scientific studies nor regulatory agencies have ever found evidence that typical levels of aluminum exposure increase the risk of Alzheimer's.

So what's up? For one thing, we absorb less than one per cent of the aluminum we're exposed to. One study found no neuro-behavioural changes among welders exposed to fairly high levels of aluminum every day for four years. If the metal caused Alzheimer's, we'd expect to see symptoms increase as exposure increases: Not so.

Here's what might be going on, according to a 2013 article in the *Journal of Alzheimer's Disease*: "The genetic component of AD apparently involves a susceptibility gene, yet to be identified, that increases aluminum absorption."

Aha. This brings us to an old standby of science truisms. Just because variables seem to be related, it doesn't mean they have a cause and effect relationship. Usually it's more complex.

Science Question?
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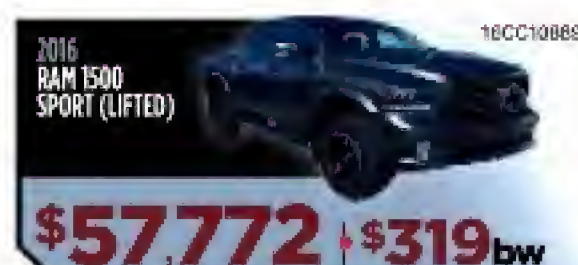
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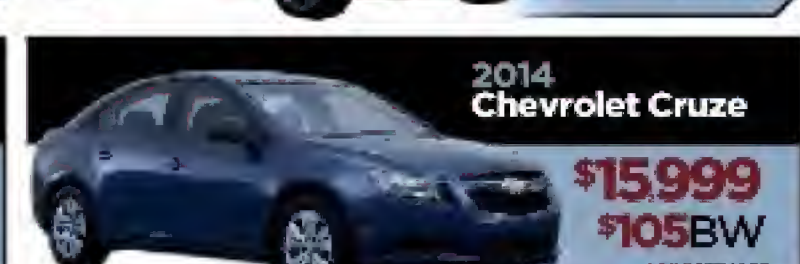
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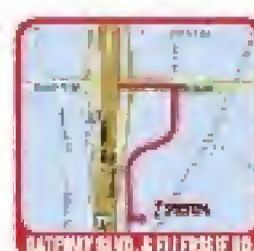


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MOVIES MUSIC TELEVISION DIGITAL



Tatiana Maslany and Dane DeHaan play star-crossed lovers in the arctic in *Two Lovers and a Bear*. "She can't live without him and can't be with him," she tells Metro, of her character. CONTRIBUTED

Tatiana Maslany is on top of the world

TWO LOVERS AND A BEAR

Emmy winner's arctic-set film part thriller, part love story

Richard Crouse
For Metro Canada



Just before Tatiana Maslany flew to Los Angeles to accept an Emmy Award for outstanding lead actress in a drama series for

Orphan Black I asked her what she's been doing lately.

"I filmed the movie *Stronger* and since then I've been chillin' hard," she laughed.

The Regina-born actress may have taken some downtime over the summer, but that's likely the last time off she'll see for the foreseeable future. Right now she defines the term 'in demand,' enjoying the kind of popularity usually reserved for the very top of the A-list. Her Emmy win lit the internet on fire, earning millions of mentions that made her the most talked-about person on Facebook and Twitter that night.

Currently she is shooting the last season of *Orphan Black* and has three movies set for release, including *Stronger* opposite Jake Gyllenhaal and next weekend's *Two Lovers and a Bear*.

The Nunavut-shot film focuses on star-crossed lovers Lucy and Roman, played by Dane DeHaan and a talking bear. Veteran actor Gordon Pinsent lent his kindly voice to the polar bear, but Maslany says she was scared of Agee, the full-size adult female who played the carnivorous title character.

"She can smell women and doesn't like them," Maslany said

of the bear who stands over seven feet when on her hind legs.

Maslany doesn't want to discuss the movie's twists and turns. Instead she'd like audiences to enjoy the story the way she did when she was offered the part of Lucy.

"I didn't know what to expect at any moment when I read the script. It would flip from this very heavy romance to comedy and it sort of feels like sci-fi or a thriller at the end."

Maslany will say her character has "a restlessness to her spirit and a need to find some stillness and peace and a desperate love

of Roman. She can't live without him and can't be with him."

Filmed over the course of six weeks on locations in Nunavut, the shoot for *Two Lovers and a Bear* was often unforgiving. "Our stills photographer lost chunks of his nose (due to the cold)," she says, but adds that shooting in the isolated location was invaluable to her performance.

"Just as having a real polar bear there," she says, "being in the actual environment is so much easier and telling and informing in terms of character and how you move through the world. You understand more

about why Roman and Lucy are the way they are by being there and living in that kind of environment. You see how two people could need each other so desperately and be the only thing the other has."

"There are such vibrant youth there. It was really cool to be part of the community. I got to meet and be part of it and see their artwork. At the same time there are a lot of issues up there in terms of things from years back and systemic things. It has this bizarre duality to it."

"I loved it up there," she says. "I would go back in a heartbeat."



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In this file photo from 2010, Courtney Kemp, 27, holds her daughters Kaylee Kemp and Madison. Courtney's husband Roy Wyatt Kemp, 27, died in the Deepwater Horizon oil rig explosion. "I do feel honoured that they called my husband a hero," says Kemp of the new film. CONTRIBUTED

Coping with the grief and anger

ANALYSIS

Deepwater Horizon victims' families react to screening

Arleen Weise was apprehensive when she learned Hollywood was making a movie about the offshore explosion that killed her son, Adam, and 10 other men aboard the Deepwater Horizon drilling rig.

Watching an advance screening of the action film last month stoked her grief and anger, and the shock hasn't quite worn off yet. Weise said she's still struggling to decide how she ultimately feels about how Deepwater Horizon portrays the last day of her son's life before he died in the explosion off Louisiana's coast.

"The first viewing of it is shocking for a family member to see that," she said. "Hearing and seeing are always two different things."

While their reactions to the movie vary, Weise and other relatives of the 11 workers who died in the April 20, 2010, rig explosion hope it will remind people about the disaster's human toll.

Many family members believe a focus on the catastrophic environmental damage from BP's massive oil spill in the Gulf of Mexico unjustly overshadowed their loved ones' deaths.

"They just swept the 11 men under the rug," Weise said.

The movie, directed by Peter Berg and starring Mark Wahlberg, Kurt Russell and Kate Hudson, is set for release Friday.

The filmmakers already have privately screened the movie for relatives of the workers who died in the explosion triggered by the blowout of BP's Macondo well. The screenplay is based in part on an article by New York Times reporters who interviewed survivors of the blast, which led to the nation's worst offshore oil spill.

Berg reached out to family members after news of the production surfaced. "I know how personal this story is to you," he wrote in a letter to Shelley Anderson, the widow of Jason Anderson. "The film is meant to honour and pay tribute to all the men and women who worked aboard the Deepwater Horizon, especially the heroic men, like Jason, who lost their lives."

Anderson believes Berg succeeded in honouring the 11 men. She said the actor who plays her

husband captured some of his mannerisms, like the ways he crossed his arms or told a joke. But she had to close her eyes at times, and she burst into tears at others.

Anderson, of Midfield, Texas, said her 7-year-old son, Ryver, who was 15 months old when his father died, recently saw a trailer for the movie on television and asked, "Is that when daddy died?"

"Now he's going to remember seeing it on TV. I don't like that," she said. "It is so real to us that it hurts to experience it over and over again."

Relatives said photographs of the 11 men are shown on screen at the end of the movie. Besides Anderson and Adam Weise, they were Aaron Dale Burken, Donald Clark, Stephen Ray Curtis, Gordon Jones, Roy Wyatt Kemp, Karl Kleppinger Jr., Keith Blair Manuel, Dewey Revette and Shane Koshto. All 11 men are portrayed by actors in the movie.

"I do feel honoured that they called my husband a hero," said Courtney Kemp Robertson, Kemp's widow. "I feel very proud of that, but I was already proud of my husband before a movie was ever made."

THE ASSOCIATED PRESS

AMANDA KNOX

Doc pulls back curtain on case

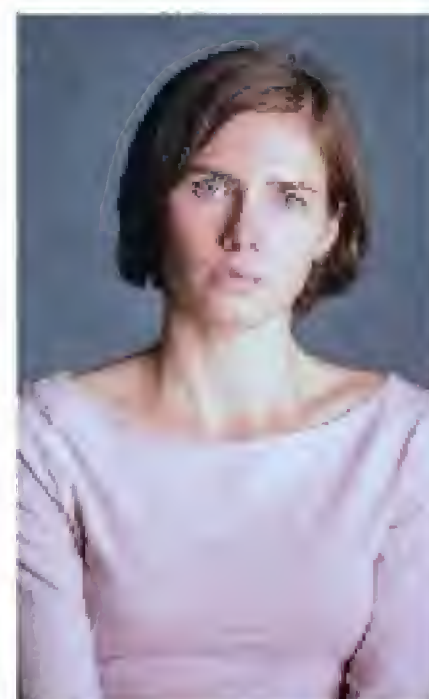
Amanda Knox stares into the camera, coolly contemplating how she became a figure of global fascination.

"I think people love monsters. And so when they get the chance, they want to see them. It's people projecting their fears," Knox says. "They want the reassurance that they know who the bad people are and it's not them. So maybe that's what it is: We're all afraid and fear makes people crazy."

Such is the provocative opening of Amanda Knox, a documentary premiering Friday on Netflix that gives the participants of one of the most sensational trials of the century a chance to tell their story, straightforwardly, directly to the camera. For a case that often seemed like a horror movie played out in the nightly news, Amanda Knox allows the drama's main characters to step out from their media-crafted roles.

"We thought that a new way of adding a fresh perspective to the story was to look at it from the inside out and to get to the people at the centre of the story," said Rod Blackhurst, who directed the film with Brian McGinn.

The British student Meredith Kercher was murdered Nov. 1, 2007, in Perugia, Italy. Knox, Kercher's roommate and an Amer-



Amanda Knox, the film's focus. NETFLIX/THE ASSOCIATED PRESS

ican student studying abroad, and her Italian boyfriend, Raffaele Sollecito, were arrested and convicted of the murder. Knox was sentenced to 26 years in prison, Sollecito to 25.

Three years after Rudy Guede was convicted for the murder and sexual assault of Kercher, the convictions of Knox and Sollecito were overturned in 2011, allowing Knox to return home to Seattle after spending four years in jail. But she and

Sollecito were tried again in 2014, again found guilty, only to finally be exonerated by the Italian Supreme Court in 2015.

The case captivated the world with its grisly details (prosecutors claimed Kercher was killed in a bloody sex game), its attractive alleged murderer and its culture clash, which pitted a young American abroad against a quaint old Italian city.

Amanda Knox, five years in the making, centres on interviews with Knox, Sollecito, the Italian prosecutor Giuliano Mignini and Nick Pisa, a freelance journalist for the Daily Mail.

The film soberly follows the case chronologically, eventually leading to the forensic evidence that helped lead to Knox's and Sollecito's exoneration. But in the years in between, prosecutors and tabloid press formed radically different images of the pair.

Knox, in the film, considers the implications of her being turned into "a monster," and the implications it has for others.

"If I'm guilty, it means I am the ultimate figure to fear. On the other hand, if I'm innocent, it means everyone's vulnerable," Knox says. "Either I'm a psychopath in sheep's clothing or I am you." THE ASSOCIATED PRESS

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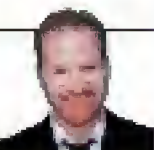
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When big oil is watching you

INTERVIEW

Peter Berg's woes making Deepwater Horizon

Steve Gow
For Metro Canada



There is one major obstacle when making a movie about the largest oil spill in human history — the giant conglomerate deemed largely responsible for the disaster.

"I never in my life had to deal with so many f—g lawyers," admitted filmmaker Peter Berg while promoting Deepwater Horizon at the Toronto International Film Festival — a drama that humanizes the explosion aboard the eponymous BP-leased offshore oil rig that eventually polluted over 1,000 miles (over 1,600 kilometres) of shoreline along the Gulf of Mexico.

"I've never felt like I better watch my back like I did with



Mark Wahlberg plays rig worker Mike Williams in this true telling of the Deepwater Horizon disaster. CONTRIBUTED

this film."

Indeed, even though Berg's movie "wasn't even attacking BP," his story about the survivors who escaped the fiery disaster still bristled with the oil company and caused many cryptic complications and can-

celled contracts that stalled production.

"The flipside of that was because it was real, it was inspiring to me," said Berg.

The movie was also inspiring to Kurt Russell, who stars as the brave crew chief who

helped lead all but 11 workers to safety during the tragedy.

"There's more at stake when you're playing somebody that existed," explained Russell whose own challenge included portraying Jimmy Harrell based on co-workers' recol-

lections after failing to directly contact his cinematic alter-ego.

"I know that if someone was going to play me, I would've said 'why don't you call me on the phone?'" said Russell.

"So if someday Jimmy Harrell says 'why didn't you call me' — I'll say, I tried!"

Of course, the marquee star of the film is Mark Wahlberg who has now made three movies with Berg (after other true-life thrillers Lone Survivor and the forthcoming Patriot's Day, about the 2013 Boston Marathon bombing).

Although the pair have clearly struck a chord, perhaps it's the mutual respect of telling true working-class stories that has forged their deepest bond.

"Mark and I have developed a real deep, deep friendship and we love working together," said Berg.

"For us, to have fun about something real gives me more inspiration, makes it easier to get up a 4:30 in the morning and work for 17 hours and do all this — because I know I've touched reality."

STARS SPEAK

On the portrayal of real people: "You have an obligation to capture at least the essence of that person," said Kurt Russell. "Right from the first script, it was apparent that this guy was a really decent man who was just trying to do the best that he could for his crew."

On navigating a legal minefield: "The fact that we had to deal with lawyers made me feel like we were putting our hands on something real," said Peter Berg of the drama's scrutinized surveillance. "But that also means we had to have lawyers making sure we don't get too real."

On the collaboration of cinema: "(Whether) you're the make-up man or pulling cable or if you're an actor, you should be involved and invested," said Kurt Russell.

ANALYSIS

Cautious optimism after slate of racially diverse films

Writer and director Barry Jenkins knew his film Moonlight stood out from the rest, but in the year of #OscarsSoWhite its themes resonate beyond even what he could have imagined.

His poetic generational story set in an impoverished Miami neighbourhood struck a chord with film festival audiences with its portrayal of a black man's struggle over his identity.

"People have been saying, 'I've never seen a character like this before; I've never seen this story told before,'" Jenkins said in a

recent interview. "These stories are pervasive and we never see them represented."

With Hollywood diversity under the microscope, a number of major films with black lead characters will have the benefit of social awareness in the fall movie season.

Others like Hidden Figures, the true story of three black women who helped NASA in the space race, slave uprising drama Birth of a Nation, and Disney's Ugandan chess prodigy tale Queen of Katwe are among

titles with a diversity hook.

Historical interracial romance Loving also joins the list of films with both Oscar and box-office ambitions.

Together, the slate could signify the undoing of an age-old structure of underrepresentation of minorities in mainstream U.S. cinema, but UCLA sociology chair Darnell Hunt is tempering his optimism. "I'm hesitant to say the few films being celebrated this year indicate some major turning point," says the co-author of the annual Hollywood

Diversity Report, which tracks inclusivity in U.S. film.

"I don't think we'll really know for a few years."

Hunt remembers three years ago when diversity — particularly of black Americans — on screen was the topic du jour for awards season. Even with all the chatter about three films that were hailed as major contenders, The Butler, Fruitvale Station and 12 Years a Slave, only the latter scored any Oscar nominations. It won best picture that year.

THE ASSOCIATED PRESS



Moonlight is one of a number of films out this fall that feature a diverse cast. CONTRIBUTED

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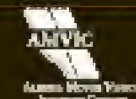
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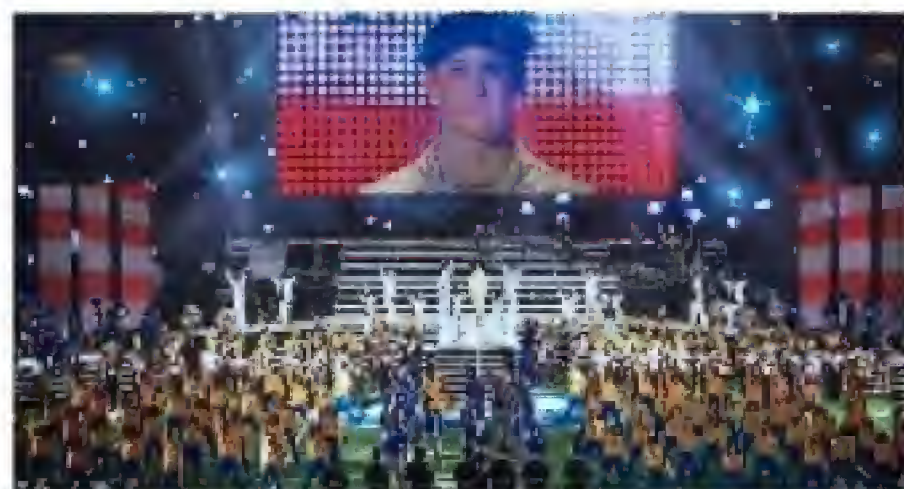
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5 must-see fall films

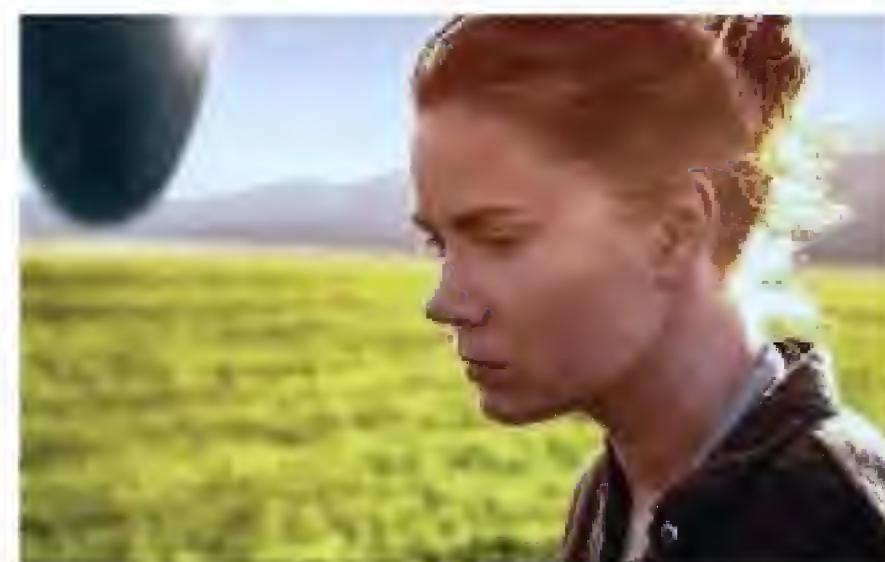
The groaning fall banquet is found not just on the Thanksgiving dinner table. It's also at the movies, where big studios and small indie firms alike save much of their best work in anticipation of awards season glory and festive family outings. Here are five fall films worth waiting for. PETER HOWELL/TORSAR NEWS SERVICE



IRAQ WAR

Billy Lynn's Long Halftime Walk

A new movie by Life of Pi's Ang Lee would be worth anticipating even without experiencing it in the 120 frames per second format touted as the Next Big Thing in movie realism. This one is potentially the Coming Home or The Deer Hunter of Iraq War films, as newcomer Joe Alwyn struggles to reconcile terrible battlefield memories with the artifice and disillusionment of an overheated homecoming. **(Nov. 11).**



COSMIC DIVIDE

Arrival

Squidlike visitors from another world arrive on Earth in stretched oval spacecraft, with their own version of must-see TV behind glowing screens. Are they here to watch and be watched, or are their plans sinister? Amy Adams is the expert linguist tasked with deciphering intent, on both sides of the cosmic divide. **(Nov. 11).**

REVENGE NOIR

Nocturnal Animals

Hollywood ice meets Texas fire in Tom Ford's commanding second film, a sinewy revenge noir that folds story within story with unsettling impact. Amy Adams plays an L.A. art gallery owner whose uneasy relationship with her ex-husband (Jake Gyllenhaal) is challenged by a road-terror novel he's written that unfolds like pulp fiction but may have some basis in fact. The TIFF 2016 film I most want to see again. **(Dec. 9).**

FRENCH DRAMA

Things to Come

The amazing Isabelle Huppert is going to get much deserved attention when her rape-revenge Cannes hit *Elle* arrives Nov. 18, making her Paul Verhoeven's latest femme fatale. But I was more impressed by her in this considerably quieter film, written and directed by the acclaimed Mia Hansen-Love, in which Huppert plays a workaholic philosophy teacher who finds herself unmoored when personal relationships suddenly unravel. Don't miss another chance to appreciate Huppert. **(Dec. 2).**



ROCK DOC

Gimme Danger

Lust for life in Jim Jarmusch's affectionate doc on Iggy Pop and the Stooges, rockers by choice and punks by accident. It doesn't pretend to be the definitive statement on the band or punk 'n' roll, just a brainy and funny look at how a Michigan kid named James Osterberg turned into bare-chested wild man Iggy Pop, famous for tunes like I Wanna Be Your Dog and No Fun, guaranteed to turn any sock hop into a parental nightmare. **(Nov. 4).**



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Cancer drama resonates with viewers

TELEVISION

CBC's This Life kicks off its second season

Steve Gow
For Metro Canada



CBC's *This Life* won over so many fans with its intuitive tale of a 40-something single mother juggling a cancer diagnosis with family drama, it even turned trenchant TV critics into believers.

But with a highly-anticipated second season kicking off Sunday, the sophomore jinx is starting down the show's star.

"We're always neurotic and insecure, as any creative person is — but you always feel pressure," said Torri Higginson about her English adaptation of a hit French-Canadian series.

"The hardest thing, that first season, was to not feel the pressure of mimicking *Nouvelle Adresse* and to feel we cannot fail that show."

This Life didn't take long to confidently carve out its own niche from its Quebec-set companion — with this season focusing on Natalie Lawson's (Higginson) promising drug trial and her family's many personal issues — a combination that's definitely earned the affection of audiences.

"I've had people just come up and start telling me their personal stories," said the 46-year-old actress.

"I'm surprised at that openness but I'm not surprised at the connection. I think our culture is so frightened to talk about death and illness — a lot of people seem to be having this connec-



Our culture is so frightened to talk about death and illness.

Torri Higginson



The cancer struggle of single mom Natalie Lawson (centre, played by Torri Higginson) has touched viewers and fans of *This Life*. CONTRIBUTED

HIGH DRAMA

A light touch is the key to heavy subject matter

"It doesn't feel like a heavy show," said Higginson of her cancer-drama *This Life*. "Everybody else in the family has huge dramas going on and some of them are funny and some are heartbreaking but they're all messy. There's something quite human and light about the messiness."

Before filming heavy dramatic scenes, Higginson likes to get inspired by listening to sad music — particularly David Bowie's final album, *Blackstar*.

"It's pretty great, and pretty stunningly beautiful," said Higginson.

"I always have music with me in my pocket to help."

tion to the show on that level."

It's not just that progressive approach in storytelling that's working for *This Life* however.

The series is taking important proactive strides towards equity behind-the-scenes as well.

"There's more women behind the camera than I've seen anywhere," said Higginson, adding that the series has employed an equal number of male and female directors.

"There's a lot of women in the actual crew itself (and) that's what it should be — I don't want more women, I want as many."

That's a clear improvement from the industry Higginson started out in 24 years ago.

While the actress admits that dismantling the gender disparity is crucial, perhaps the biggest advancement she's noticed in television is the decrease of sexism.

"Truly, in my twenties, I put up with things that were atrocious," recalled Higginson.

"That has really changed. Maybe it's also changed because I'm older (but) I do actually think it's shifting — younger people are smarter and there's been evolution."

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AMAZON PRIME

Woody Allen's new *Crisis in Six Scenes* a threadbare affair

With Woody Allen's *Crisis in Six Scenes*, the screenwriter has let down his director — who coincidentally also falls short. And then there's the leading man, who phones in his performance.

"*Crisis*" is right.

It was a major coup when Amazon announced in January 2015 that its upstart streaming site — not Netflix, not HBO —

had snagged Allen to write, direct and star in his first TV series.

How exciting! This legendary filmmaker, an artist who said he hadn't even known what a "streaming site" was, was going digital as he neared his ninth decade.

But the picture darkened when, a few months later, he told *Deadline.com* that he had

been "struggling and struggling and struggling" to bring the series to life, and "regretted every second" since agreeing to do it.

Viewers may feel their own pangs of regret after sampling his *Crisis*, whose six half-hour episodes debut Friday on Amazon Prime.

The series may draw fans of Miley Cyrus who plays a militant, Marx-spewing 1960s revo-

lutionary named Lennie Dale, a member of a group called the constitutional Liberation Army imprisoned for blowing up a draft-board office. Meanwhile, the series might serve as a useful crash course (or refresher) in the clashing points of view that rocked the turbulent '60s.

Allen plays Sid Munsinger, a kvetching, semi-successful novelist who, in his autumn

years, wants to finally make a big score by creating a hit sitcom. The wonderful Elaine May plays Allen's wine-mellowed wife, an unflappable marriage counsellor.

Then, in the middle of the night, Lennie lands on their suburban doorstep, on the lam after a prison break with the law on her tail. To Sid's horror, sympathetic Kay grants

Lennie open-ended refuge in their home.

But this TV project — shoe-horned into Allen's unrelenting feature-film-annually regimen — feels half-hearted and, at times, even threadbare. *Crisis*, therefore, unwinds as an intellectual exercise. And for its audience, it's a dreary exercise to watch.

THE ASSOCIATED PRESS

Another ode to the world's misfits

INTERVIEW

Tim Burton has always been attracted to outsiders

Richard Crouse
For Metro Canada



Visionary Tim Burton values his time alone.

One writer called the director of Pee Wee's Big Adventure, Beetlejuice, Batman, Edward Scissorhands and this weekend's Miss Peregrine's Home For Peculiar Children, "the most widely embraced loner in contemporary cinema."

"I always try to at least spend time, as much as I can everyday, staring out into space; staring out a window," Burton says.

"I find that sometimes you get the most ideas and the most feelings when you're not involved in things you have to do everyday; especially these days when technology is such that you can be reached any time. I try and avoid that."

Unsurprisingly, as a filmmaker, the characters he champions tend to echo his sensibility.

From warped Mad Hatter in his Alice in Wonderland to the grieving child in Frankweenie who reanimated a dog's corpse, Burton's heroes are often misfits and outsiders.

From his debut, Pee-Wee's Big Adventure, Burton has showcased people on the fringes of society.

"You don't wanna get mixed up with a guy like me," says man-child Pee-Wee (Paul Reubens).

"I'm a loner. A rebel."

Loosely based on Vittorio De Sica's classic film Bicycle Thieves, Burton's story sees Pee-Wee on a mission to retrieve his stolen fire engine-red customized 1940s Schwinn.

David Letterman was a fan, describing the anti-social character as having, "the external structure of a bratty little precocious kid, but you know it's being controlled by the incubus, the manifestation of evil itself."

In his next film, Burton breathed life into Beetlejuice's rancid lungs.

In the haunted-house comedy Beetlejuice Michael Keaton plays a "bio-exorcist" with crazy hair, giant teeth and an attitude, hired by two ghosts to scare away the insufferable new owners of their old house.

"I think Beetlejuice shows the complete positive side of being misperceived and being categorized

as something different," Burton says.

"He can do whatever he wants! He's horrible and everybody knows it, so he's a complete fantasy of all of that."

Burton's two greatest misfits, his most intrepid folks on the outside looking in, are the off-kilter Eds — Ed Wood and Edward Scissorhands.

Edward Scissorhands is the strange-but-sweet story of a man with scissors for hands.

The first collaboration of Tim Burton and Johnny Depp, the movie is a funny, romantic and moving fantasy was inspired by a sketch Burton



Tim Burton's latest imagining is Miss Peregrine's Home For Peculiar Children. CONTRIBUTED

MOVIE RATINGS by Richard Crouse

Deepwater Horizon ★★★
Miss Peregrine's Home For Peculiar Children ★★
Imperium ★★★
The Lovers and the Despot ★★★

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created as a teenager.

"One look at that drawing was all I needed to understand what Edward was about," says Depp.

"I felt very tortured as a teenager," says Burton.

"That's where Edward Scissorhands came from. I was probably clinically depressed

and didn't know it."

Ed Wood, played by Depp in the film of the same name, is the story of one of Hollywood's great outcasts.

Wood wrote, produced and directed low-budget anti-classics like Plan 9 from Outer Space and Glen or Glenda. Burton says he was a fan of Wood's films and after reading some of the director's letters was touched by how Wood "wrote about his films as if he was making Citizen

Kane, you know, whereas other people perceived them as, like, the worst movies ever."

Burton links his best-known creations, labelling them as "semi-antisocial, (having) difficulty communicating or relating, slightly out of touch."

"I feel very close to those characters."

"I really do. I feel like they are mutated children," he adds.



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Forced to make movies for Kim Jong-il

LOVERS AND THE DESPOT

Doc tells story of kidnapped filmmaker, actress

Steve Gow
For Metro Canada



When Ross Adam and Robert Cannan first stumbled on a fascinating true story of a famous filmmaker and actress kidnapped and stolen into North Korea under dictator Kim Jong-il's orders, they knew they'd found gold.

"It's one thing knowing a great story exists. It's another finding a way to tell the story," said Adam recently about the British directing duo's latest documentary. "Especially with North Korea being such a secretive place."

As Adam and Cannan uncover in *The Lovers and The Despot*, the late-autocrat of the infamously impenetrable dictatorship captured South Korean filmmaker Shin Sang-ok and his thespian wife in the 1970s and forced them to

churn out 17 movies before the pair dodged the tyrant's internment.

"There wasn't a wealth of material in the beginning," recalled Adam of the challenging espionage tale that's still scrutinized today.

"It wasn't until we found there was more than one secret tape recording — there was a whole treasure trove of them that we realized this film can really be made."

The tapes in question refer to covert cassettes in which Shin recorded revealing conversations with the dictator — who, among other things, implicates his guilt in their confinement as his own personal moviemaking squad.

"You don't necessarily expect him to talk openly, particularly to people that he just kidnapped," laughed Cannan.

However as much as those recordings reveal Kim Jong-il's duplicity, they also reveal a man who was aware of his own shortcomings and completely obsessed with Hollywood movies.

Indeed, the rare audio clips unspool an unnerving portrayal of one obscure oppres-



South Korean filmmaker Shin Sang-ok, left, and actress Choi Eun-hee, right, were kidnapped by Kim Jong-il in the 1970s and forced to make 17 movies for the dictator. CONTRIBUTED

sor that will surely intrigue curious Canadian audiences.

"The fact that he had such an insular upbringing and the

kind of warped childhood is something you might expect but it was still surprising to us," said Adam.

"While it shouldn't engender sympathy for him, there's a tragic explanation how he came to be the man he is

MOVIES

Drawn to a despot

"Partly what attracted us to North Korea is the terrible beauty of North Korea," said Cannan of the duo's attraction to explore the dictatorship. "It's this mystery, how is this still continuing today (and) how can a place like this exist?"

A shady story?

Many South Koreans still believe Shin was compliant with the kidnapping. "That may be because most people haven't heard key bits of the tapes," said Cannan. "But there are plenty of reasons why they would be suspicious."

— which is this curiously whimsical guy who is equally power hungry and willing to do anything to consolidate his power."

The Lovers and The Despot opens today in select theatres and is available now on iTunes.

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TRENDS

Reporter in hijab featured in Playboy



Noor Tagouri. THE ASSOCIATED PRESS

For the first time, Playboy has featured a woman wearing a hijab.

The magazine's October issue includes an interview with 22-year-old journalist Noor Tagouri, who's a reporter for online news outlet, Newsy.

The accompanying photo shows a fully-clothed Tagouri wearing the traditional Muslim head scarf in front of a red, white and blue backdrop. Playboy

stopped publishing nude photos earlier this year.

Tagouri says the hijab has helped her create trust with her interview subjects as a reporter. She says as a Muslim woman, she knows "what it's like to be misrepresented in the media."

Tagouri aspires to become the first anchor wearing a hijab on a commercial TV station in the U.S. THE ASSOCIATED PRESS

GOSSIP BRIEFS

Mary J. Blige explains song to Hillary Clinton

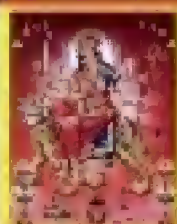
Mary J. Blige said she decided to sing Bruce Springsteen's American Skin (41 Shots) to Hillary Clinton during her recent interview because she was trying to get the Democratic presidential nominee to feel and understand the widening frustration among blacks in America over police brutality and similar topics.

A pair of clips teasing

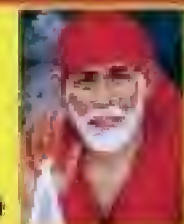
Blige's interview with Clinton was roundly mocked Tuesday, including a brief video of Blige singing to Clinton, leaving some confused. "I wanted to incorporate the song in the show because the lyrics resonated with me so deeply and so heavily because of all the shootings and police brutality and I never got a chance to say anything," Blige said.

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Nate Parker does not apologize for rape case

INTERVIEW

Actor maintains he was falsely accused in 60 Minutes sit down

In an interview with 60 Minutes, Nate Parker was unapologetic for a 17-year-old rape case that has surrounded his film, The Birth of a Nation.

In excerpts from the interview to air Sunday shared exclusively with The Associated Press on Thursday, Parker said he was "falsely accused" and declined to make any apology. The woman who made the accusation killed herself in 2012.

Her sister, Sharon Loeffler, published a column in the trade paper Variety on Thursday, blasting Parker and Nation collaborator Jean Celestin for their role in her sister's life and for including a fictional rape scene in their film.

Loeffler said she was very close to her sister and feels "a duty to speak on her behalf." "Nate Parker caused her so much pain, and that pain and anger are still raw for me," she writes.

Parker maintains in the 60 Minutes interview that the accusations were unwarranted.

"I was falsely accused. I went to court. I was vindicated," he says. "I feel terrible that this woman isn't here. Her family had to deal with that, but as I sit here, an apology is — no."

In the interview, Anderson Cooper presses Parker on whether he did something morally wrong. "As a Christian man, just being in that situation, yeah, sure," says Parker. "I am 36 years old right now. My faith is very important to me. So looking back through that lens, it's not



Nate Parker arrives at the premiere of The Birth of a Nation at TIFF in September.

THE CANADIAN PRESS

the lens I had when I was 19 years old."

Parker, who stars in, directed, co-wrote and co-produced The Birth of a Nation, instead argued that his film, about Nat Turner's slave rebellion, deserves more attention than himself and the rape accusation, made when he was a student at Penn State. Parker was acquitted in the case.

"I think that Nat Turner, as a hero, what he did in history, is bigger than me," said Parker. "I think it's bigger than all of us."

The Birth of a Nation first debuted in January at the Sundance Film Festival where it was hailed as an antidote to the then-raging "OscarsSoWhite" backlash. Parker's film immediately sparked widespread Oscar expectations and a bidding war among distributors. Fox Searchlight, an Academy Awards regular, landed it for a festival record

"I was falsely accused. I went to court. I was vindicated."

Nate Parker

\$17.5 million, with the assurance of a nation-wide release. It's to open in theatres next Friday.

But the newfound attention on Parker put a spotlight on a rape case from when he was a sophomore and wrestler at Penn State University. Parker was acquitted, though his college roommate, Celestin (who has a story credit on The Birth of a Nation) was initially found guilty of sexual assault. That conviction was later overturned

when the accuser declined to testify for a retrial.

Parker and Celestin allegedly harassed the accuser on campus. The incident spawned a successful civil lawsuit by the woman against the college. But the accuser, after several previous attempts, committed suicide in 2012. Her brother, identified only as Johnny, told The Hollywood Reporter that the rape case "was obviously that point" at which she changed.

Her sister said Thursday that she's particularly pained by the inclusion of a fictional rape scene in The Birth of a Nation.

"Given what happened to my sister, and how no one was held accountable for it, I find this invention self-serving and sinister, and I take it as a cruel insult to my sister's memory," she wrote in the column in Variety.

THE ASSOCIATED PRESS

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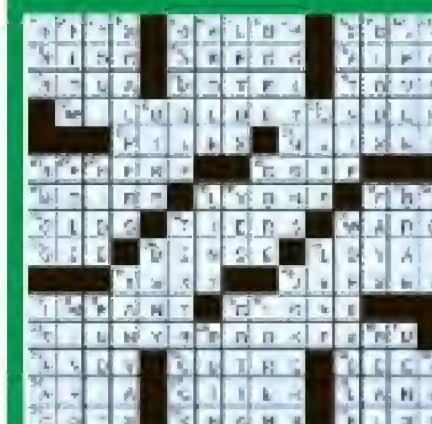
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FAKE NEWS

If you believe that headline, you're likely not alone

When their story about a condo developer who forgot to put bathrooms in a Toronto-area highrise went viral last week, writers at the CBC's satirical show This Is That were faced with an unexpected conundrum: many of the people who heard, read or shared the story online thought it was true.

It wasn't the first time that readers and listeners had taken the show at face value — the radio program regularly plays voicemail messages from people who mistake it for real news — but enough people flagged it to the CBC this time that the public broadcaster took a drastic step to clear up any possible misunderstanding.

It changed the show's headlines to include one word, in capital letters: "SATIRE."

"What we immediately realized is we have to take action right now because the last thing we want is to fool people and damage our news brand," said Jeff Ulster, director of digital talk content for CBC Radio.

Part of the problem is that people were only reading the headline, which appeared on Facebook, Twitter and other sites under the CBC banner without any indication it came from the broadcaster's comedy site, Ulster said. The network is working to resolve how headlines are displayed on social media, he said.

But CBC is hardly the only one to have duped unsuspecting readers with its humour. In recent years, stories from the renowned satire site The Onion have been republished in foreign newspapers and prompted at least one police investigation. Its stories are so often posted

as real on Facebook, typically with outraged comments, that at least one site is dedicated to highlighting such incidents.

Some experts say the proliferation of news sources and satire, as well as the ease and speed of social media — combined with



This photo ran with the headline "Meet the two Canadian brothers that hand chop 80% of North America's firewood [SATIRE]" on the CBC This is That site Thursday. ISTOCK/GETTYIMAGES/CBC.CA

short attention spans — make it easy to fall for fake news. And no one is fully immune, they say.

A decade or so ago, there were

few satire news outlets, with The Onion largely dominating the online market. Since then, it has been joined by multiple competi-

tors including the Canadian joke news site The Beaverton, the satirical music news site The Hard Times, and a spoof of women's magazines called Reductress.

Some suggest the prevalence of potentially believable spoofs could undermine political discourse or faith in the media, though in most cases confusion is temporary and leads only to short-lived embarrassment.

The shift toward Internet-friendly buzzy stories with attention-grabbing headlines in real news may also help blur the lines, said Gavin Adamson, a journalism professor at Ryerson University.

"There's something in there that fulfills our desire for hearing something outrageous," he said. "This doesn't just happen with fake news. It happens with real news too. You see often the most read news is something just bizarre and actually unbelievable."

Social media also exposes people to stories from sites they might otherwise never come across and they may be caught unawares, he said.

Compounding that is the fact that many people don't read stories all the way through, and may miss important cues, he said.

A person's state of mind can contribute to their susceptibility, said Stephen Greenspan, author of Annals of Gullibility: Why We Get Duped and How To Avoid It. People are also more likely to believe something that reflects their existing convictions, he said.

Over time, most satire sites are recognized as such by the initially unsuspecting. For the CBC, however, much of the confusion stems from its main function as a source of legitimate news.

On its own site, the broadcaster can control the context in which its stories are read by posting them on its comedy portal, Ulster said. But it has no power over how those stories are repackaged on aggregator sites.

In the meantime, the "This Is That" site has begun labelling its stories as satire at the top of the text as well as the bottom, since some weren't reading to the end, Ulster said.

"Even though we know there's a percentage of people, no matter what you do, will be duped, it's not the intention to make people feel stupid," he said.

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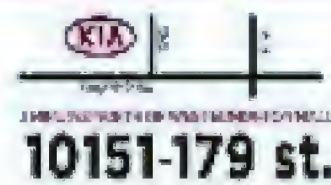
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SCOTT VAN PELT

ESPN tries out late-night TV with reworked SportsCenter

To a certain segment of the population, Scott Van Pelt is a more popular late-night television star than Jimmy Fallon, Jimmy Kimmel and Stephen Colbert.

That segment — young men aged 18-to-34 — may be small, but it's an elusive one for television advertisers and vital to Van Pelt's bosses at ESPN. He's one year into an experiment to broaden the appeal of Sports-

Center at the midnight hour.

While Van Pelt doesn't yuk it up with monologue jokes, the midnight SportsCenter he hosts incorporates elements from the late-night comedy shows, including a greater emphasis on interviews and bite-sized pieces of material that can live online independent of the television show.

ESPN was looking to tailor a SportsCenter edition to a par-

ticular personality and zeroed in on Van Pelt, a striking-looking, six-foot-six-inch bald man who had developed a following in recent years on ESPN Radio, said Rob King, senior vice-president for SportsCenter and news.

ESPN hates it when people suggest that SportsCenter is a franchise going the way of the rotary phone. But it would be naive to ignore that sports fans

can now easily retrieve scores and highlights online.

Van Pelt's show uses highlights sparingly and in different fashions, like an author who decides not to tell a story chronologically.

The show has taken some heat from traditionalists who want a SportsCenter that will simply outline the day in sports, even though other editions follow that template.

"If we do the show right, we do both," King said. "You get what happened, and Scott's unique sense of why it mattered."

Van Pelt, 46, admits that he's sensitive to the criticism, and initially argued for more highlights.

"Because we've done all right, it validates the approach of where we need to be," he said. THE ASSOCIATED PRESS



Host Scott Van Pelt.

JOE FARAH/ESPN IMAGES VIA AP



Planning for Peru



FROM A GREAT HEIGHT

The altitude difference is extreme from North America to Peru. It gets as high as 14,000 feet in Cuzco, but drops to 8,000 in Machu Picchu and the surrounding area. Consult a doctor about altitude medication, or when you arrive in Peru, drink lots of water, eat lightly, avoid alcohol and don't exercise for at least the first 24 hours. Many hotels offer oxygen for those suffering from altitude sickness.

ISTOCK

According to our tour guide, the number one thing North Americans want to see in Peru is "what's next." While his joke speaks to the trouble some of us have in shaking off our strict agenda-focused mindset, Peru is one place where it is better to have an extremely detailed plan. **KATHY BUCKWORTH/FOR METRO**

My Type-A personality was pleased to have a day-by-day itinerary provided by our tour group taking us to Machu Picchu, particularly as we got caught in a farmer's strike.

While this necessitated last-minute changes on a daily basis, it would have been far more difficult to navigate without a blueprint.

Machu Picchu is one of the Seven Wonders of the World and 3,000 people pass through it daily, but getting there is not easy. The most direct route is to fly from Lima to Cuzco, then take a bus to the small village of Ollantaytambo in the Sacred Valley to connect to the train to Machu Picchu.

The train is the only way in, and needs to be booked months in advance. The 90-minute journey is beautiful, travelling through the base of the Andes Mountains, with the Urubamba River running alongside. The village of Machu Picchu itself is a strange combination of shanty-type buildings, outdoor markets, pubs, upscale hotels and gourmet restaurants, with an occasional alpaca wandering by. Next, a 20-minute bus ride, up 1,000 vertical feet via a harrowing zigzag road. One of the only other ways in is the Inca Trail, which takes four days to hike. We, like many others, just walked up a mile to the Sun Gate, which provides a breathtaking view of the site.

If you're thinking about checking Peru off your travel list, you should know that the locals really do eat guinea pig, and as it is a delicacy, it is culturally polite to eat it, if offered.

What's next for me? Trying to recreate the national drink, the Pisco Sour, at home.

Kathy Buckworth's trip was sponsored by Vantage Adventures, which did not approve or review this story.



Details from the Last Supper by Marcos Zapata, where a roasted Andean rodent is the main course. HANDOUT

SALKANTAY TRAIL

It's worth the four-day hike to Machu Picchu

Cuzco was built on an 11,150-foot Andean plateau. By the mid-15th century, it became the umbilical centre of the Incas' continent-spanning empire.

The perfectly-fitted, massive mortar-free walls of their palaces and temples still line many of the narrow streets, though most buildings were rebuilt after the violent conflicts during the Spanish conquest a century later.

The rounded boulders of the Incas' central sanctuary, Qoricancha, became the foundation of Santo Domingo, whose convent courtyard encloses the temple's tapered niches. European and

indigenous imagery mixes in Cuzco's celebrated paintings, most conspicuously in an 18th century Last Supper canvas in the cathedral that features a paw-up, roasted Andean rodent.

The Salkantay trail follows ancient routes and is considered the best alternative to the often sold-out Inca Trail. For four days, you can hike past glaciers and through cloud forests, seeing turquoise mountain lakes, tiny mud-brick villages, and centuries-old Inca channels along the way.

If you feel like skipping out on the 1,500 steps plus steps to Machu Picchu take the shuttle

instead. In the mid-15th century, the Incas built this improbable citadel nearly 8,000 feet up on a skinny ridge between precipices where the Andes meet the Amazon basin, and abandoned it a hundred years later. It lay covered by the rain forest until the 1910s, when a Yale historian brought it global renown. Wander the main site along steep staircases, climb the "you-slip-you-die" path to the ruins on Huayna Picchu, the peak overlooking the citadel, and walk the Inca Trail to the Intipunku viewpoint.

The nearly 200 grey houses, temples and agricultural build-

ings are haunting, but the practical and cosmological engineering is mind-blowing. From every perspective, the view defies logic: Terraces clinging to sheer, 1,640-foot rop-offs hold up colossally heavy granite palaces and sanctuaries. Carved stones, foundations and windows precisely trace the sun's travels and line with sacred peaks like Salkantay.

Archaeologists still debate why the Incas built this citadel, but as you watch the sun slant through the peaks, the real and symbolic magic of Machu Picchu's placement will seem answer enough.

THE ASSOCIATED PRESS

5

AWESOME NEW ORLEANS EXPERIENCES (THAT ARE SHELLFISH-ALLERGY FRIENDLY)

I've avoided New Orleans, figuring my shellfish allergy would spoil the food fun. But there's more to eat here than just iconic shrimp po boys and crawfish dishes, not to mention things you can do to make your New Orleans experience your own. **JENNIFER BAIN/TORSTAR NEWS SERVICE**



1 Connect with your dark side

We stumbled upon the Museum of Death ("Where the Big Easy meets the Big Sleep") in the French Quarter and couldn't resist it. The museum has a grisly accident scene photo at the counter to prepare you for what's inside. There's the original Jack Kevorkian suicide machine, morgue and crime-scene photos, coffins, skulls, Manson Family photos and more. You can sit for hours in the Theater of Death watching a loop of graphic footage set to music. The only thing you can't do at this oddball but low-profile museum is take pictures. **Details: museumofdeath.net**



2 Chill-out with Chewbacca

A grizzled Chewbacca greets you at Cochon Butcher (or just Butcher) and it's amazing how oddly hipster the Star Wars character looks in this butcher shop/sandwich counter/wine bar. Butcher is part of the Link Restaurant Group (helmed by executive chef/CEO Donald Link) and next to the fancier Cochon in the Warehouse/Arts District near the convention centre. Swoon over Buckboard Bacon Melt with collards, the Cochon Muffaletta and Le Pig Mac. Get your veggies with marinated Brussels sprouts and coleslaw. **Details: cochonbutcher.com**



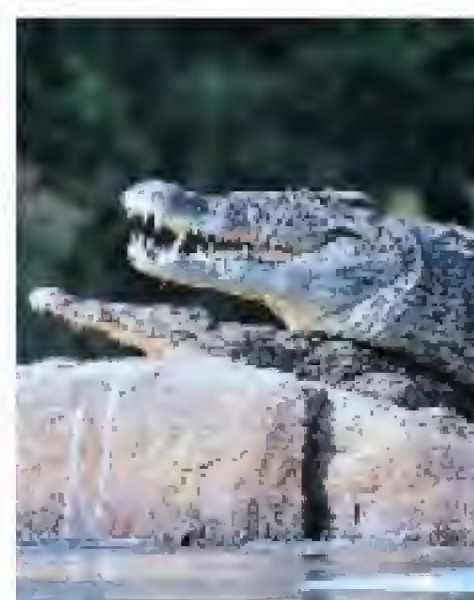
3 Chow down on fried chicken

We made a beeline for the Tremé neighbourhood to Dooky Chase's Restaurant for lunch. I feasted on made-to-order and achingly beautiful fried chicken. This art-filled spot, helmed by 93-year-old "Queen of Creole Cuisine" chef Leah Chase, has been around since 1941. It's a local institution so expect politicians, jazz musicians, tourists, citizens and maybe even a president. **Details: dookychaserestaurant.com**



4 Get inked

Fleurs-de-lis have become a New Orleans symbol for post-Hurricane Katrina resilience. It seemed fitting to get them incorporated into the matching sugar skull tattoos my daughter suggested. We got inked as walk-ins to Downtown Tattoo on Frenchman St. in the Faubourg Marigny neighbourhood. We resisted colouring our black skulls and personalized them with each other's initials. **Details: downtowntattoosnola.com**



5 Take a swamp tour

We didn't spot the legendary Honey Island Swamp Monster, but our swamp tour with Cajun Encounters was memorable. "Wildlife and nature can be uncooperative and unpredictable," our captain warned, but then he was the one who surprised us by putting marshmallows and raw hot dogs on a stick to call alligators over. **Details: cajunencounters.com**

TRAVEL NOTES A SPOOKY TIME IN FLORIDA & THE RETURN OF THE HOTEL SUITE DESK

Universal Orlando unveils virtual reality Halloween show

As you enter the dark set — an old library from the 1700s filled with ancient artifacts — at Universal Orlando Resort's new Halloween experience, it's obvious you're in for a creepy time. The actor playing a librarian flips from quirky to spooky as he warns of a deadly curse if you venture into a warehouse filled with powerful, paranormal artifacts. But none of his babbled warnings can quite prepare you for The Repository, a new virtual reality experience that



The Walking Dead haunted house is part of Halloween Horror Nights in Orlando. HANDOUT

opened Thursday as part of Universal Orlando Resort's annual Halloween Horror Nights.

THE ASSOCIATED PRESS

The desk is back: Marriott is redesigning hotel rooms

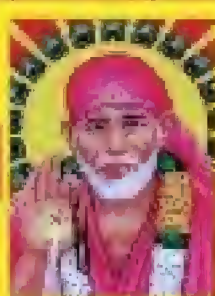
Marriott is redesigning its hotel rooms, and desks with chairs are once again a standard feature. Desks had started to disappear from hotel rooms partly due to a perception that they were unnecessary in the era of laptops and cell-phones, and that younger travellers weren't using them. But travellers began complaining. The desks in what Marriott is calling its "modern guest rooms" are on wheels so you can move them around the room to work where you want. In



Desks were disappearing from hotel rooms, but Marriott is bringing them back. HANDOUT

addition to other work-spaces in the rooms, the redesign also includes hardwood flooring, benches and locally inspired decor.

THE ASSOCIATED PRESS



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MOVE-IN READY

Move into your dream home sooner than you think

You don't need to wait until the spring to look for your new home.

Brookfield Residential, a local home builder, has a variety of quick-possession homes available so you can start building family holiday traditions this year.

"We have some beautiful show homes that give people the opportunity to preview the quick possessions," says Wendy Jabusch, VP of Homes for Brookfield Residential Edmonton. "And while with some new homes, you have to wait up to a year or more before you get possession, with our quick-possession homes, you can connect with your community sooner."

Between Brookfield's five communities, there is a choice of street towns, townhouses, duplexes and single family homes available in 30 to 90 days.

"Three of our communities have residents' associations that plan activities and events year round," says Jabusch. "All of our communities have green spaces and public gathering places for families to get together and



CONTRIBUTED

celebrate all of the occasions coming up in the next few months."

There are quick-possession options for everyone, from growing families to single homeowners entering the market.

A new incentive this year now offers an upgraded kitchen package with your home. If kitchens aren't your priority, other upgrades are also possible. No matter which community and home type you choose, you can be sure to get excellent customer service, a home with solid craftsmanship and features you will be thrilled about.

A variety of home models and variations are available, so homebuyers can find the right combination of

features, at the right price and location to suit their lifestyles.

The Twain is a two-bedroom townhouse that starts in the higher \$200s, and offers two master bedrooms, an attached garage, quartz countertops and kitchen backsplash.

Meanwhile, in the low \$300s, the Shakespeare offers beautiful open concept living, featuring three bedrooms and 2.5 bathrooms, an attached garage and a front kitchen.

"We don't want people to wait to start living their lives," says Jabusch. "Not when there are so many reasons to move into your new home and community now."

To learn more, visit LiveBrookfield.com.

Personalize your home with Pinterest-worthy projects

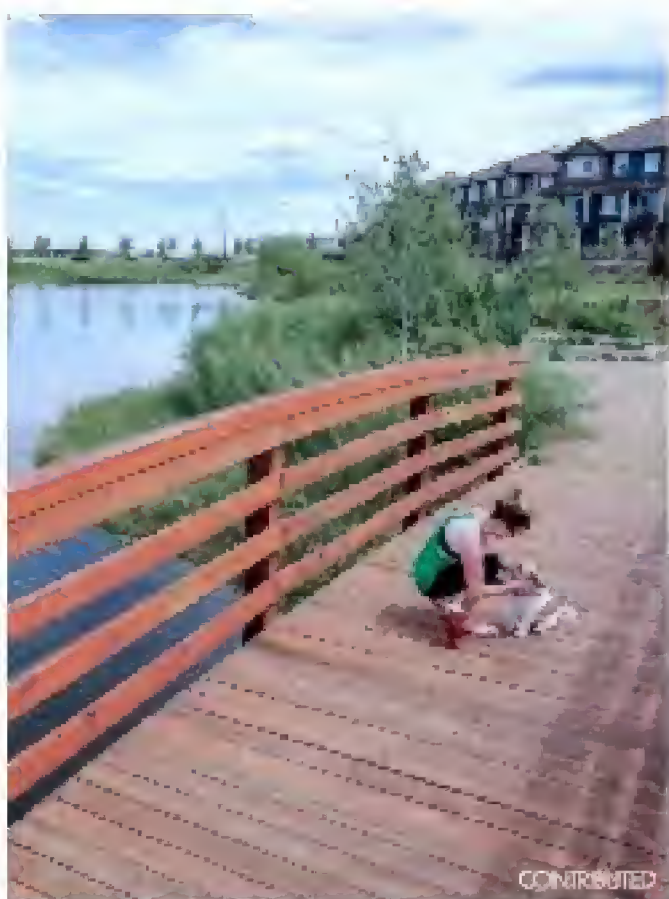
If you enjoy do-it-yourself projects, you're in luck at Brookfield Residential.

The company recognized the increasing interest in DIY and Pinterest and incorporated projects into seven of its 19 new show homes. The campaign was created based on the idea that your home should be an expression of who you are.

Visitors are invited to come and take a look, and be inspired to incorporate their own DIY projects in their homes. The projects currently range from a stone fireplace to kids' craft rooms. You can view all of the projects on Pinterest using #BrookfieldDIY.

DIY campaign homes include the Family Fun-inspired Michelangelo show home in Vista Pointe and the Eclectic Envy-inspired Pria show home, both located in the Chappelle Gardens neighbourhood.

Visit these and the other pinspirational show homes to get your creative juices flowing. Find more inspiration at BrookfieldDIY.com.



CONTRIBUTED

Live in natural beauty with the city in reach

Natural beauty is priceless, especially when it's part of the community you live in.

Now homebuyers can own a home with easy access to nature, at an incredible price. Chappelle Gardens, a community by Brookfield Residential, based in southwest Edmonton, offers buyers the breath of fresh air they're looking for.

Chappelle Gardens is the city's only community that's built with a focus on the natural wonders of gardens. If you take a walk along its winding pathways, you'll discover vegetable gardens, ornamental plantings and sustainable landscaping with clusters of native shrubs and trees. Residents are also invited to get involved and plant gardens of their own in their front yards.

Green space can be found throughout the community, and the local park offers five acres of it along with a spray park, hockey rink, basketball courts and a picnic area. It's the perfect outdoor destination year-round — whether you're enjoying an afternoon picnic in the summer or building a snowman in the winter.

Members of the Chappelle Gardens community connect frequently. There are 20 shared community garden plots to plant, enjoy and harvest. The Residents' Association works to ensure the community is well-maintained year-round and that there are activities and events to benefit everyone.

But nature isn't the only benefit to living in Chappelle Gardens. When residents are looking for amenities like medical clinics,

restaurants and grocery shopping, they don't need to look much further than Currents of Windermere, located close by.

Chappelle Gardens features homes by five outstanding home builders. Street Towns is a new collection of urban character townhomes by Brookfield. They provide homebuyers all of the freedoms of homeownership, but without the rules of condo living. Buyers have a pick of five home model options up to 1,469 square feet, with two to three bedrooms and a two-car garage, starting in the low \$300s.

Buyers can now explore the newly opened Street Town show home, located near the Chappelle Gardens Duplex Home Store at 1903 Chapman Rd. SW Edmonton. For more information, visit LiveBrookfield.com.

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Tyronn Lue said he has discussed a position on the Cleveland Cavaliers coaching staff with recently retired power forward Kevin Garnett

The Cup is Canada's

WORLD CUP OF HOCKEY

Marchand and Bergeron score as part of fierce comeback

Brad Marchand capped a wild comeback with a late short-handed goal, and Canada claimed a second straight World Cup title with a 2-1 victory over Team Europe on Thursday.

Marchand beat Jaroslav Halak with 43 seconds left in regulation, sending the Canadians to a sweep over Europe in the best-of-three final. Marchand's goal came just over two minutes after Boston Bruins teammate Patrice Bergeron tied the game 1-1 on Canada's fifth power play of the game.

It was the 16th straight best-on-best victory for the Canadians, propped up by a stellar 32-save effort from Carey Price.

Zdeno Chara managed the lone goal for Europe, which led from the early minutes of the first period until Bergeron finally evened up the score at 1-1 with less than three minutes to go in the final period.

Out of sorts for much of their Game 1 win over Europe, Canada came sluggish again on Thursday night.

They didn't get their first shot on Halak until almost six minutes had passed. Twenty-seven seconds after that, the Europeans took the 1-0 lead when Chara dipped in from the point and beat Price.

It was just the third deficit Canada faced all tournament, and the longest lasting by far. The Canadians trailed for 89 seconds against the U.S. and 72 seconds against Russia.

Canada looked much in the final series opener, imprecise at times and unable to impose its will on Europe. Canadian



Team Canada celebrates Brad Marchand's goal — which stood as the tournament-clinching marker — against Team Europe on Thursday night in Toronto. FRANK GUNN/THE CANADIAN PRESS

defenders mismanaged pucks at the blue line twice on a first-period power play, leading to dangerous short-handed rushes for the Europeans, both of which were stopped by Price.

Searching for offence, Babcock shuffled his lines in the third period, but the trio of Sidney Crosby alongside Marchand and Bergeron continued to make things happen.

It took until less than three minutes remaining in the third for Canada to get on the board. After Anze Kopitar was called for holding Corey Perry, the Canadian power play finally

FINAL Game 2



came to life.

Brent Burns sent a shot from the right point that Bergeron managed to get a stick on, beating a previously perfect Halak.

Crosby, the tournament MVP, added his World Cup-leading 10th point with an assist on the play.

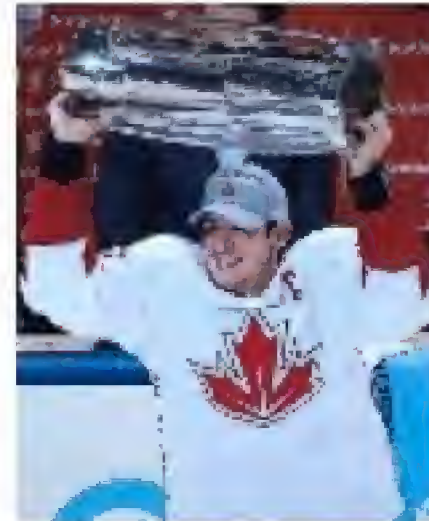
Canada was back on its heels

just over a minute later with Doughty whistled for high-sticking. After Roman Josi rung a shot off the post, an open Marian Hossa was stopped by Price.

It was 20 seconds or so later that Toews entered the offensive zone, sucked in a slew of European defenders before dropping to Marchand, whose shot beat Halak for the game-winner.

It was his tournament-leading fifth goal of the tournament.

Canada remains unbeaten in the best-on-best format since the preliminary round of the 2010 Olympics. THE CANADIAN PRESS



Sidney Crosby was named the tournament's most valuable player. GETTY IMAGES

IN BRIEF

Orioles pull even with Jays

Ubaldo Jimenez dazzled through 6-2/3 innings as the Baltimore Orioles blanked the Toronto Blue Jays 4-0 on Thursday in a matchup between the top teams in the American League wild-card race.

Jimenez (8-12) allowed just one hit — to the first batter he faced — walked three and struck out five to help Baltimore pull even with the Blue Jays atop the AL wild-card standings with three games remaining on both teams' schedules. THE CANADIAN PRESS

Ortiz bids farewell to Bronx

Playing in the Bronx one last time, Boston Red Sox star David Ortiz was given a 30-second standing ovation at Yankee Stadium instead of the usual boos.

Ortiz went was 0-for-10 in the series and the Yankees won 5-1 on Thursday but were still mathematically eliminated from the playoffs.

THE ASSOCIATED PRESS

Virtue and Moir make successful return

Tessa Virtue and Scott Moir were all smiles after their first competitive skate in more than two and half years.

The Canadian ice dance duo posted the top score of 77.72 at the Skate Canada Autumn Classic International in Montreal on Thursday night.

THE CANADIAN PRESS

Lady Gaga announced for Super Bowl halftime show

It's official: Lady Gaga will headline the Super Bowl halftime show. The NFL and Pepsi announced Thursday that the pop star will take the stage Feb. 5 at NRG Stadium in Houston.

THE ASSOCIATED PRESS

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Bombers cornerback Terrence Frederick will have his hands full against Adarius Bowman and Derel Walker in Week 15.
JOHN WOODS/THE CANADIAN PRESS

Friendships fall by wayside

CFL

Frederick, Walker set for showdown at IGF Friday

Friends can usually tease each other before battling on the field, but that's not the case this week with Winnipeg cornerback Terrence Frederick and Edmonton receiver Derel Walker.

The two are buddies and train together in Texas in the off-season. But they'll clash Friday night when the Blue Bombers host the Eskimos in the rubber match of their three-game season series.

Frederick said he hasn't sent mocking messages to Walker this week, especially about Winnipeg's 30-23 victory over Edmonton on July 28. In that game, the rookie cornerback intercepted

a pass intended for Walker, the CFL's top rookie last season.

"Nah, we don't talk about none of that stuff," Frederick said after Winnipeg's walkthrough Thursday. "We just want to perform at a high level each and every week."

That's pretty much what Walker and teammate Adarius Bowman have been doing this season. They're ranked 1-2 in CFL receiving yards with Bowman, a former Bomber, leading with 1,400 yards from 95 receptions and Walker next with 84 catches for 1,248 yards.

Winnipeg's defence is well aware of Edmonton's dynamic duo.

"We've just got to focus on corralling those two

guys and take care of our opportunities," said linebacker Khalil Bass, whose team has a CFL-best plus-25 turnover ratio.

Winnipeg must also bounce back from last week's gut-wrenching 36-34 loss to Calgary that snapped its seven-game win streak. The Bombers (8-5) rallied from a 30-7 deficit to take a 34-33 lead with 20 seconds remaining, only to have Rene Parades connect from 52 yards out for the game-winning field goal.

And Edmonton is coming in on a high note. The Eskimos (6-7) halted a three-game losing skid with two late interceptions that preserved a 27-23 win over the B.C. Lions. THE CANADIAN PRESS

Derel Walker has 1,248 yards and seven TDs receiving in 2016.
THE CANADIAN PRESS



NIGHTCLUB SHOOTING

Stamps visit with Hickses

Closure wasn't possible, but the Calgary Stampeders hoped to offer comfort to the family and teammates of Mylan Hicks on Thursday.

The team held a private memorial service at McMahon Stadium for Hicks, a 23-year-old defensive back who was shot and killed outside a Calgary nightclub last Saturday.

The Stampeders wanted to share the memories of Hicks with his parents, Reggie and Renee Hill.

"For us, it will be good to ... I don't know if closure is the right word, but certainly give him his due," Stampeders head coach Dave Dickenson said.

Nelson Tony Lugela, 19, has been charged with second-degree murder. He will appear in Calgary court Friday. THE CANADIAN PRESS



Mylan Hicks
CFL

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DAILY BREAK
A woman is sitting at a desk, looking at a laptop screen. The screen displays the metro website. The metro logo is visible in the bottom right corner.

The dos and don'ts of Dez

NFL

Bryant avoided Cowboys for 2 days, fearing news on knee

Dez Bryant appeared in the locker room Thursday and seemed to be in a good mood, which was more than the Dallas receiver could say for the first two days of the week.

The 2014 All-Pro missed medical appointments and team meetings over two days away from the Cowboys this week, and coach Jason Garrett said he was trying to avoid news on his injured right knee that he thought would be bad but was better than expected.

Bryant declined to comment but kept a steady presence in the locker room for the 45 minutes it was open to reporters, at one point playing music loudly the same way he did last season when he was out with a broken foot and had a contentious relationship with the media.

Later, he sat smiling on a counter looking into the locker room while talking to a member of the public relations staff.



Dez Bryant injured his right knee in the first quarter of Sunday's game against the Bears but still went on to make three receptions for 40 yards and a touchdown. RON JENKINS/THE ASSOCIATED PRESS

Garrett said Bryant missed an MRI on Monday and a team meeting Tuesday before finally getting the exam Wednesday. The MRI revealed a hairline fracture in a bone in his right knee, which he injured in last week's win over Chicago.

It's possible Bryant won't miss

Dez understands he has a responsibility to be here.

Cowboys head coach
Jason Garrett

Sunday's game at San Francisco because the Cowboys have had similar scenarios with injury in the past. But he missed the first two days of practice this week, an indication he's unlikely to play.

"It stems from someone who is very passionate about what he does and he did not handle

this the right way," Garrett said. "He expressed that to me. He expressed that to other coaches and teammates."

"You can understand why he did what he did, given the passion that he has for the game and for this football team and where he thought he was. I'm not excusing any behaviour that he has."

Tight end Jason Witten, in his 14th season, said he respected Bryant's passion and appreciated the relationship they have.

"Anytime things like that happen, we all look at it and say, maybe we could do this different or do that different," Witten said. "Every situation's different. You handle it, you address it and you move forward as a team."

Garrett said there were "repercussions" but didn't specify whether there was a fine for Bryant, who signed a five-year, \$70-million contract before last season.

"He was completely well-intended. He's a driven guy and his response to this was not the right one," Garrett said. "It was an understandable response given his personality and everything he puts into this."

THE ASSOCIATED PRESS

+ NFL NOTES

Gregory given 10-game ban for substance abuse

Randy Gregory has been suspended 10 games by the NFL on top of the four-game ban the Dallas defensive end was already serving for violating the league's substance-abuse policy.

Browns' Gordon delays return to enter rehab

Josh Gordon isn't going back on the field until he gets a tighter grip on his life.

The suspended Cleveland receiver, who's battled personal demons, said Thursday he's entering rehab and putting his promising career on hold.

Rivera rules out RB

Ron Rivera says Jonathan Stewart will miss his second straight game this Sunday with a hamstring injury when the Carolina Panthers visit Atlanta.

Watkins may give it a try

Buffalo coach Rex Ryan isn't yet ready to rule out receiver Sammy Watkins (sore foot) from playing at New England Sunday.



IN CINCINNATI BENGALS SHUT DOWN DOLPHINS

The Bengals' Will Clarke forces a fumble from Miami Dolphins quarterback Ryan Tannehill on Thursday night at Paul Brown Stadium in Cincinnati, Ohio. The Bengals cruised to a 22-7 win.

JOHN GRIESHOP/GETTY IMAGES

IN BRIEF

NFL to hold women's forum

In its efforts to get more women into administrative, coaching, officiating and scouting jobs, the NFL will offer a careers forum during Pro Bowl week.

The forum in Orlando, Fla., from Jan. 25-27 is designed to educate and prepare women to fill such positions. The league's Rooney Rule to enhance diversity in hiring was expanded this year to include interviewing women for all open executive positions at the NFL office.

THE ASSOCIATED PRESS

ACC title lands in Orlando

The ACC is moving its Dec. 3 football championship to Orlando.

The conference made the announcement Thursday.

Orlando emerged as a location after the ACC joined other leagues in pulling out of North Carolina amid backlash over controversial state House Bill 2 requiring transgender people to use restrooms at schools and government buildings corresponding to the sex on their birth certificates.

THE ASSOCIATED PRESS

TEAM USA AWARDS

Olympic legends salute Kaepernick

Tommie Smith and John Carlos were proud to raise their gloved fists in a symbolic protest at the Olympics, and now they're proud that Colin Kaepernick and other athletes are staging protests to raise awareness about racial inequality and police brutality.

The U.S. sprinters who were sent home from the 1968 Mexico City Olympics for what they called a "human rights salute" say the San Francisco 49ers quarterback and others are right to use their platform to attempt to affect social change.

"Don't hate the kid because he stood up for something to change," said Smith, who won the gold medal and set a world record in the 200 metres in 1968. "He stood up for the right to exercise Amendment 1."

Speaking Wednesday at the Team USA Awards in Washington, the first U.S. Olympic Committee event they've been invited to since their protest, Smith says he's backing Kaepernick because his protest is proactive and Carlos says

+ RECOGNITION

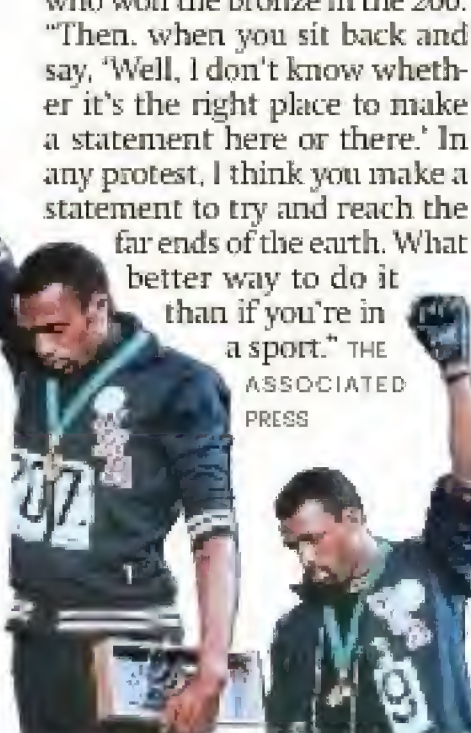
It has taken almost half a century for the USOC to welcome Smith and Carlos back into the fold after being outcast for breaking the rules.

there's no better platform than sports to stand up for something.

"Protest is a good thing because you're trying to expose certain things," said Carlos, who won the bronze in the 200. "Then, when you sit back and say, 'Well, I don't know whether it's the right place to make a statement here or there.' In any protest, I think you make a statement to try and reach the far ends of the earth. What

better way to do it than if you're in a sport." THE ASSOCIATED PRESS

Tommie Smith's and John Carlos' "human-rights salute" at the 1968 Mexico Games. THE ASSOCIATED PRESS



Zlatan Ibrahimovic scored the match winner at Old Trafford in Manchester on Thursday. PAUL ELLIS/AFP/GETTY IMAGES

EUROPA LEAGUE

Rooney, Zlatan connect for United

Wayne Rooney finally made a difference for Manchester United this season, setting up Zlatan Ibrahimovic's goal two minutes after being summoned off the bench to help them beat Ukraine's Zorya Luhansk 1-0 in the Europa League on Thursday.

Inter Milan fell 3-1 at Sparta Prague to lose its second in a row in the European competition, while Mario Balotelli scored again but couldn't prevent Nice from losing at Russian side Krasnodar 5-2. The Italian striker was substituted

at halftime with an apparent knee injury.

There was mixed reaction at Old Trafford when Jose Mourinho sent in the much-criticized Rooney in the 67th minute, but his misfired shot bounced to the far post, where Ibrahimovic nodded in.

Rooney was in good position inside the area after a cross from the right flank, but the ball hit off his knee as he attempted a shot, going across the area toward Ibrahimovic.

THE ASSOCIATED PRESS

RECIPE Tuscan Chicken Skillet Dinner



PHOTO: MAYA WISNIEY

Ceri Marsh & Laura Keogh
For Metro Canada

You could add a salad on the side of this irresistible dinner or embrace its all-in-one-ness.

Ready in 45 minutes

Prep time: 30 minutes

Cook time: 15

Serves 4

Ingredients

- 2 Tbsp olive oil
- 1 lb chicken breasts, cut into bite-sized pieces
- 1/4 tsp oregano
- 1/4 tsp thyme
- 1 1/2 cups mushrooms, sliced
- 1 onion, diced
- 3 cloves garlic, minced
- 1/4 cup sun dried tomatoes, drained
- 19 oz can tomatoes
- 1/4 tsp chili powder

• 1 tsp sugar

Directions

1. Pour oil into a large skillet and warm to medium heat. Brown chicken. You may have to work in batches. Remove from pan and set aside. Drain all but about 1 or 2 Tbsp of fat.
2. Add mushrooms, oregano and thyme and allow mushrooms to become soft and brown. Remove from pan and set aside.
3. Add onion and garlic and cook 3 minutes until they're soft and fragrant. Add sugar, sun-dried tomatoes, canned tomatoes and beans. Simmer 5 minutes, breaking up tomatoes with spoon.
4. Gently tip in the chicken and mushrooms and simmer for another 10 minutes, until the meat is cooked through.

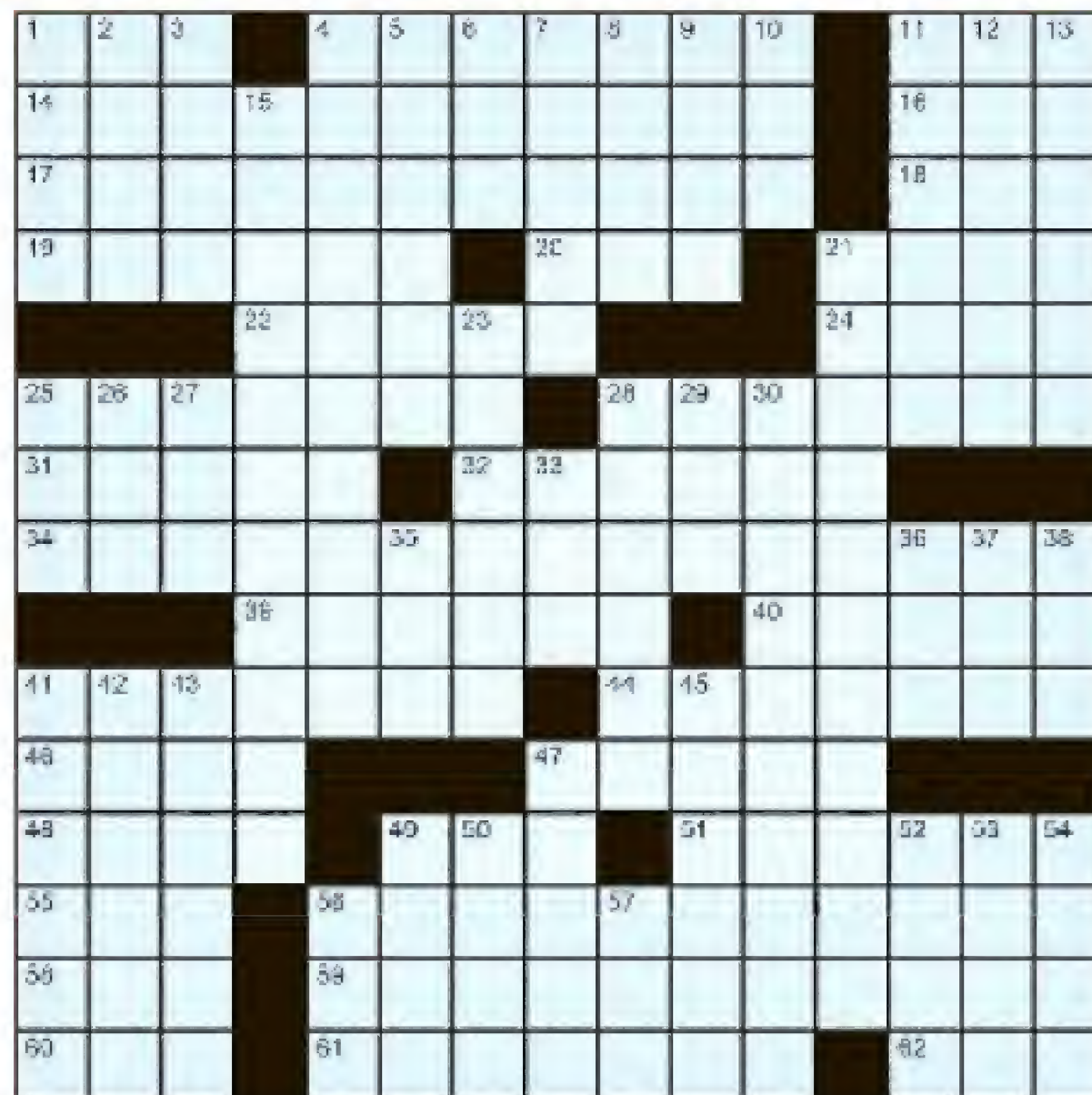
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Texter's "That reminds me..."
4. Notion
11. NFL's water
14. Knee-of-a-pair-of-psychedelic jeans embellishment: 2 wds.
16. "Rob _" (1995)
17. Learn to play guitar: 2 wds.
18. Tiny type
19. Cannes 'century'
20. Antacid brand
21. NY Mets ballpark, _ Field
22. Showbiz performer Martha's
24. Hic, _ hoc
25. Flew the plane
28. Exercise system
31. Familiar reply to "Who's there?": 2 wds.
32. Ashes/lava ejecting volcano
34. Bit of Rush's "In the Mood": "Hey baby, it's _"
39. Hammering human
40. Legendary actor Peter
41. Bodybuilder's bulgees
44. Country in Africa
46. Formerly
47. "Get _!"
48. Back
49. Gibraltar, e.g.
51. Teeter-totter
55. Slammer's sound!
56. Duds display: 2 wds.
58. AOL, e.g.
59. Canadian daily newspaper since



- 1892: 2 wds.
60. Agnus _ (Mass prayer)
61. Used a crate for a better view: 2 wds.
62. Slowly slurp

DOWN

1. Pieces
2. Mr. Byers of "Empire"
3. Stirred
4. Arnold Schwarzenegger's " _ Damage" (2002)
5. How to put in contact lenses, _ at a time
6. Initials-sharers of Rush's drummer (More

- at #13-Down)
7. Instances
8. Shirt collar type
9. Computer complaint, "My _ longer works"
10. Ordinal suffixes
11. Nunavut hamlet on Hudson Bay
12. Precisely: 3 wds.

21. Ancient drivers
23. Henry Ford's son's cars
25. Ms. Zadora
26. "What's the alphabet's 17th letter?" A. "I believe they call _"
27. Baton Rouge sch.
28. Seabird sort
29. _ Jima
30. New park in the Willowdale neighbourhood of Toronto named in honour of the two members of Rush who grew up there, _ Art Park
33. Grand- _ Nova Scotia
35. Bond
36. Dog's warning...
37. Charlemagne's li'l domain
38. Tetley drink
41. Ghoulish
42. Anxiety
43. Shrimp serving
45. _ the occasion
47. 1977: _ Detoo
49. Schedule opening
50. Lawn mower maker
52. U.S. pre-coll. exams
53. Amazon berry
54. Venus Fly-trap's station
56. Belonging to Hartford's li'l state
57. Wee glove insertee

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an excellent day to enjoy the company of others. Dealings with friends, partners and members of the general public will be enjoyable.

Taurus April 21 - May 21
Work-related travel is likely today. Try to do whatever you do can to improve your job prospects because you have such a positive attitude.

Gemini May 22 - June 21
It's Friday and it's a fun day! Make plans to meet friends for lunch or after work. Enjoy sports events, social occasions and playful activities with children.

Cancer June 22 - July 23
Discussions with a parent or a family member will be positive today because domestic peace and happiness are important to you right now. This is a good day for real estate discussions.

Leo July 24 - Aug. 23
Believe in the power of positive thinking because it cannot be underestimated. Notice how your optimism attracts others to you today.

Virgo Aug. 24 - Sept. 23
This is an excellent day for business and commerce. Look for ways to make a profit, because they exist, especially with foreign interests.

Libra Sept. 24 - Oct. 23
Today the Moon is lined up with Jupiter in your sign, which is why you feel so positive. You also feel generous to others because you are confident. You know, deep down, that you get what you give.

Scorpio Oct. 24 - Nov. 22
Today you might be concerned with the deeper aspects of life, especially in terms of spiritual insights. It's easier to think with your heart rather than your mind.

Sagittarius Nov. 23 - Dec. 21
Today you will enjoy the company of others, especially in groups. It's a perfect time to share your hopes and dreams for the future with someone.

Capricorn Dec. 22 - Jan. 20
Bosses, parents and people in authority are impressed with you today. In turn, you will be pleased to get their endorsement!

Aquarius Jan. 21 - Feb. 19
This is the perfect day to make future travel plans because you are not afraid to think big. Likewise, future plans about higher education, training, publishing and the media are exciting.

Pisces Feb. 20 - March 20
This is a good day to discuss inheritances and shared property because you will come out smelling like a rose. Things will tend to go your way, which is a good thing.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

4	5				3			
1		7		4		5		
	7				9			
4		1		7		3	8	
			4					
6	3	9	8	2	1	4		
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	4				6			
		5	2	6				

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